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Life Saving *Water Games*

By Frank J. Sullivan

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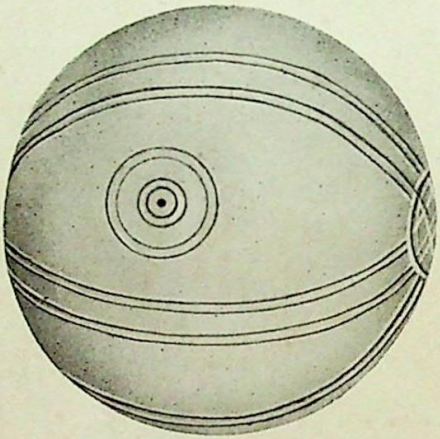

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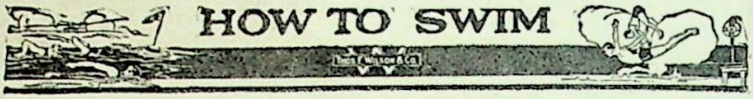

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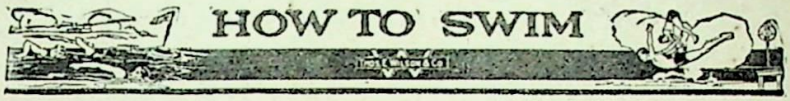


This volume is dedicated to my friend
Dr. Joseph E. Raycroft
of Princeton University.

Frank Sullivan

Introduction

Swimming is widely recognized as a hygienic form of all-round exercise and wholesome athletics. Its life saving possibilities for the average individual, however, are as yet unappreciated. We all know of instances when a so-called expert swimmer has saved a human life by his skill, but far more frequently do we learn of the loss of life that might readily have been averted by a swimmer with at least elementary training in life saving.

Every year a large number of preventable drownings occur. This annual result is taking on a new significance now, owing to the fact that this unprecedented war will kill or maim for life an enormous number of the world's best men. Our country will be no exception. The continued welfare of the race therefore, demands the utmost conservation and improvement of human life in all possible ways.

My proposition in brief is this. By a proper and possible education in swimming and life saving not only can a large annual loss of life be practically avoided, but also the pursuit of swimming and water sports for their exercise and recreational value will be an immense stimulus for the physical betterment of all. Swimming may be indulged in with benefit by the weak in moderation, or by the strong with the utmost vigor. In fact, it may safely be said that any normal person who can walk, can learn to swim and acquire a working knowledge of life saving.

In order to teach every one to swim, however, it is necessary to change our procedure radically. Instead of trying to teach swimming in the early years of maturity, it is far better to begin the process in the early adolescent years at which time educators agree motor activities of all kinds are most easily acquired. Any swimming instructor will tell you that a child can learn to swim in less than half the time required to teach an adult. When the child attains maturity therefore, he or she should be proficient in this form of sport and have the additional advantage of being equipped with a wholesome form of exercise of tested value that will stand in good stead for life.

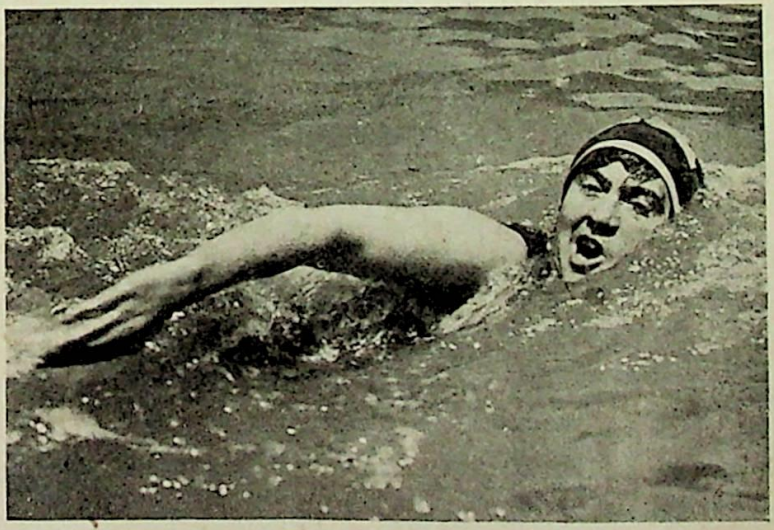
It would be well worth while for every community to provide swimming facilities for its children before they attain high school age as most children go through elementary and grammar school but comparatively few enter high school. Good all-round exercise and recreation for everybody is becoming a national watchword. In all our army and navy cantonments, physical training is being carried on, on an unparalelled scale, in addition a number of states have instituted systems of compulsory physical training for all school children. Swimming and life saving instruction should be made an essential part of every system of physical training.

It would be ideal if every child had access at some time or other to swimming and life saving instruction in a municipal swimming pool. This condition does not as yet, exist. However, much can be accomplished by utilizing to the fullest degree, facilities which we now have. In fact the facilities for swimming surpass those of any other sport, since four-fifths of the earth's surface consists of water and is widely accessible.

To Women Readers

Notwithstanding the fact the illustrations relating to the instructions in this book were posed by males, I want to impress upon you that the lessons can be learned by women as well as men. In fact, after the breathing has been mastered, the woman novice should learn more quickly than the man, due to the natural bouyancy of the physical make up of the gentler sex.

Miss Annette Kellerman, the world's greatest woman swimmer and diver is enthusiastic about the benefits in health, strength and beauty women can gain from swimming, according to the New York Times book review, and over and over she stresses this point. She says "Swimming is the best sport in the world for women" that it is "the woman's sport" because women can swim more gracefully than men and can make a better showing in it than they can in most other sports. And the more a woman swims and the more proficient she becomes, the better proportioned it makes her figure.



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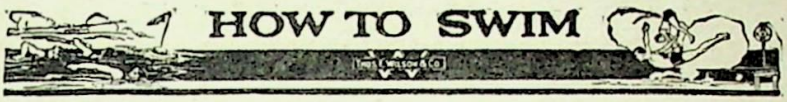
MISS FANNIE DURACK, IN ACTION

Miss Durack holds many world's records for distances ranging from 50 yards to 1 mile

MICHAEL McDERMOTT, ILLINOIS ATHLETIC CLUB
World's champion breast stroke swimmer



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Army and Navy
Swimming and Life Saving Test

That every man in the service of Uncle Sam should know how to swim has been agreed upon by every authority on physical training in this country. Just what the average soldier and sailor should know about this form of useful athletics seems to be the bone of contention. Should the beginner be taught the crawl stroke or 'ouble over arm first, seems to be one of the vital questions.

I have in the following tried to cover the situation horoughly with a minimum test which if passed by every sailor and soldier would make our service men better swimmers and life savers than in any army or navy in the world.

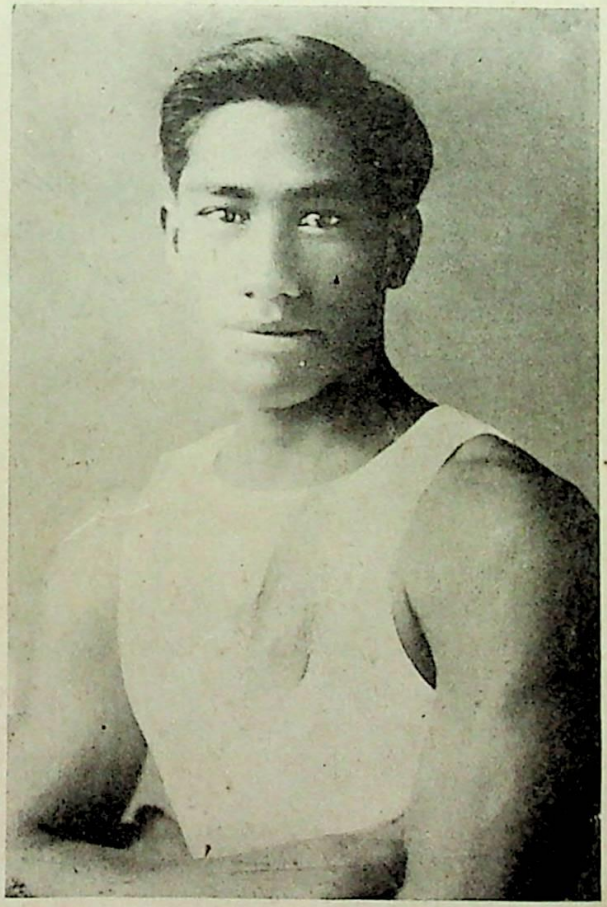
I advocate the breast stroke for all because of the powerful frog kick used in this stroke. The back stroke is invaluable in life saving, but here again the advantage lies in the frog kick.

The subject is covered thoroughly in my chapters on life saving in this book and easily can be learned by the conscientious worker.

1. Perform plain front dive and swim 100 yards, using breast stroke for first 50 yards, and back stroke with inverted frog kick for last fifty yards.
2. In at least 6 feet of water and without artificial support take off shirt, leggings and shoes.
3. Surface dive in at least 6 feet of water and bring up objects from bottom.
4. Break following holds:
   - (a) Wrist hold, upwards and downwards
   - (b) Front neck hold
   - (c) Back strangle hold
5. Tow subject 50 yards:
   - (a) Swimming 25 yards on back using frog kick and one arm; carrying subject with other arm; subject's head resting on carrier's chest.

(b) Swimming 25 yards breast stroke pushing subject ahead; subject lying on back with hands on carrier's shoulder and legs spread around carrier's hips.

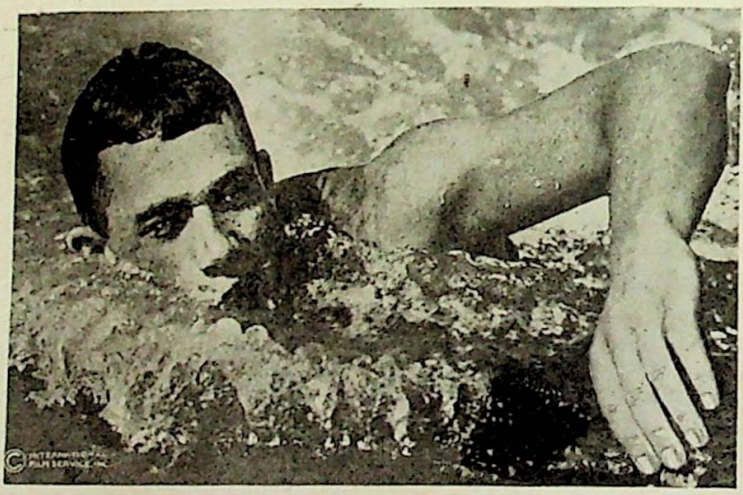
6. Demonstrate for 3 minutes with correct rhythm Schafer method of artificial respiration, and write at least 50 words on after-treatment of a resuscitated person.



DUKE KAHANAMOKU
One of the greatest speed swimmers, and holder of several world's records

Breathing

Correct breathing is the chief source of ease, confidence, and speed in the water. In fact without this acquisition speed is impossible. Watch any first class swimmer and you will notice that no matter how rough the water he goes along smoothly and fills his lungs comfortably with air at regular intervals in spite of the fact that his face is buried in the water most of the time. In contrast the novice proceeds with quick frantic strokes and splutters and chokes when a riplet strikes his face.



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NORMAN ROSS, WORLD'S RECORD HOLDER
A good illustration of breathing and relaxation of arms in the crawl stroke

The comparative rarity of correct breathing is probably due to the fact that it differs notably from customary respiration and requires a nice bit of coordination. It is unwise to inhale through the nose while swimming, (1) because even a slight amount of water sniffed up in

contact with the delicate mucous membrane linings of the nasal air passages is extremely irritating and even painful and (2) because the air can be taken in much more rapidly through the mouth the lining of which is not sensitive to water. Swimming experts therefore learned by long experience the wisdom of modifying the usual method of respiration so as to inhale rapidly through the mouth and to exhale slowly through the nose under water. This method keeps the nasal passages free from water and also facilitates speed tremendously by making it possible to maintain a posture of least resistance to progress through the water.

Intricate and awkward as this modified respiration appears to the beginner, it is nevertheless surprisingly easy of acquisition. Diligent and frequent practice will soon reduce it to a habit basis with the result that with its aid beginners are enabled to reduce the time required in learning by more than one half.

Instead of beginning to paddle around with elementary strokes the novice can save time by practicing the following correct breathing exercise. Stand in the water with hands grasping rail of pool or water wings, (1) squat until the chin is about level with the water line, (2) take a quick breath through the mouth and immediately duck your head under water, keeping the eyes open. (3) begin to exhale slowly under water, (4) finish your exhalation after the mouth and nose are again raised above the surface. This blows the water off of the face in the vicinity of the nose and prepares one for the next inhalation. Repeat this process frequently until correct rhythmic breathing can be carried on with comfort.

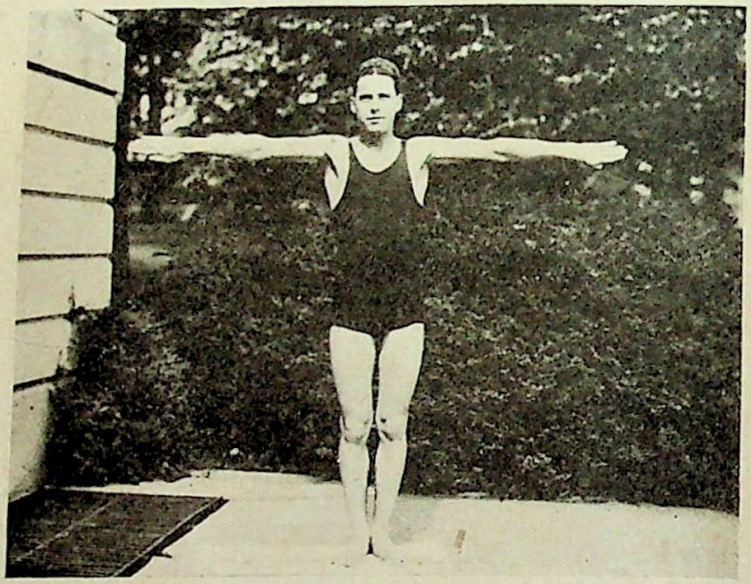
Remember that no matter what stroke you use the essentials of correct breathing remain the same, i. e. (1) inhale through the mouth and exhale through the nose. (2) inhale rapidly and exhale slowly.

The frequency of breathing depends upon the physiological needs. Holding the breath is uncomfortable, poisoning, and weakening. Fresh air must therefore be taken regularly and before discomfort appears. The frequency of breathing is also closely related to the various strokes and degrees of speed and will be taken up more fully in succeeding chapters.

Breast Stroke

This stroke, as an elementary stroke to be taught beginners is advocated after fourteen years' experience, in which the side stroke and crawl have been tested.

The reason why I believe this old fashioned method of propulsion is best for beginners, is because it has such great value in life saving and in addition is easy to mas-



POSITION ON COUNT ONE OF BREAST STROKE LAND DRILL

ter as the head is held high out of water and the novice has little trouble with breathing.

The great value of the breast stroke lies in the "frog" kick. This is perhaps the strongest kick that can be used and from a life saving point of view, it is the only kick that gives the best results in carrying persons or objects in the water.

In learning this stroke, a land drill should be given first. The arm stroke drill should be tried before the drill for the kick and when these are used correctly, the combination should be tried.

Land Drill For Arm Stroke

The beginner should stand erect with hands together and arms stretched in front of body on a line with the shoulders. On the count of ONE, the palms of the hands are turned outwards and at the same time the arms are brought back on the same level as the shoulders. On TWO, the hands are brought in under the chin, keeping elbows high until the palms touch. On THREE, reach forward, palms of hands together and REST. This places you in the original position. Remember that

COUNT TWO IN LAND DRILL

SHOWING POSITION AFTER THIRD COUNT WHICH IS THE SAME AS AT START OF DRILL

if the arms are not kept on the same level as the shoulders at all times, the tendency in the water will be an up and down movement of the body and little forward progress will be made.

It must be remembered that the ONE count, or the backward pull of the arms, is the only part of the arm stroke that pulls you through the water. Therefore, a

steady, strong pull must be made on that count. After the arms are pulled back on a line with the shoulders, the idea is to get the hands in front of you (as in the first position), as soon as possible, at which time there is a decided pause in the stroke. The count should be—ONE —then a pause—TWO, THREE.

Land Drill For Frog Kick

Assume a sitting position, with legs straight, knees and heels touching, but with feet pointed outwards. There are only two counts to the kick although three distinct movements are made. On the count of TWO, the legs should be drawn up as far as possible, the heels together, but with the knees widely spread. On THREE the final count, the legs should be kicked outwards and together with heels and knees touching as in original position.

After this drill has been tried and the beginner has a clear idea of the kick, the regular land drill for conjunction with the arm stroke should be tried.

Take a standing position, with hands placed on hips. On TWO, draw up right leg, heel about three inches from left knee, toes pointing out sideways. On THREE, kick outwards and downwards until legs assume first position. The kick should be made with a snap as the bringing the legs together is what drives one through the water.

Land Drill For Arms and Kick Combination

Now comes the combination of arms and legs. This will be the most difficult thing to learn. The drill should be made slowly and deliberately. Remember at all times that the proper way to start the drill is with feet together and arms extended in front. Many make the mistake of starting the stroke with the hands under the chin.

In the combination drill at the count of ONE, the only movement is with the arms; on TWO, the arms are bent at the elbows and the hands drawn under the chin, and at the same time the leg is drawn up. (Either right or left, it is understood, however, that in the water, both legs are drawn up.) On THREE, the arms are extended

Photo International News Service

MISS CHARLOTTE BOYLE

Who broke the world's record for 100 yards for women, covering the distance at Brighton Beach, New York, in 1 minute 7 1/5 seconds

to full length in front and simultaneously the leg is kicked outward and downward, which, when completed, will place one in the same position as at the start of the drill.

This drill may be practiced in the evening before retiring and upon arising in the morning. It will be found most beneficial as an exercise, as well as the means of learning the stroke.

Breast Stroke Water Drill

I advocate the use of water wings as they are inexpensive and easily adjusted. For the first lesson in the water, begin with the arm stroke only and a smooth, easy motion be attained before beginning the kick. It is assumed that a lesson in breathing has been given the beginner before taking up the stroke.

The kick should be taught on the back for it can be learned much easier in this position. When the beginner can make progress with the arm stroke alone and with the kick alone, the combination of arms and legs should be practiced.

Take a position lying flat on the water, arms outstretched, hands together, legs straight and feet together. On ONE, turn palms slightly outward and bring the arms simultaneously backward on a line straight with the shoulders; on TWO, bend the arms at elbows and bring hands under chin, so that fingers touch, while at the same time, kick the legs outwards and backwards until the feet come together. This will place you in the same position as at the start of the stroke. Repeat slowly until a perfect rhythm is obtained, before gradually taking air out of wings.

Breathing

Inhale through the MOUTH on the count of ONE as the arms are brought back, hold breath on TWO and exhale through the NOSE on THREE as the kick is made.

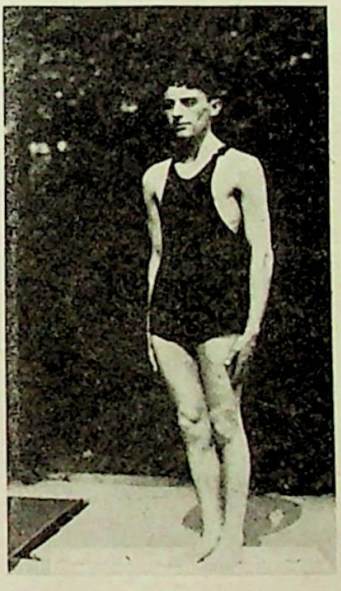
The Back Stroke

The novice who has mastered the breast stroke land drill and practiced the stroke in the water, will find the back stroke very easy to learn, compared with any other stroke. The matter of balance is the prime requisite in learning this stroke, which, of all the different styles, is most used in life saving.

Land Drill For Back Stroke

Stand erect, with hands touching thighs. On ONE, draw hands up across abdomen and chest, with elbows

FIRST MOVEMENT IN BACK STROKE DRILL

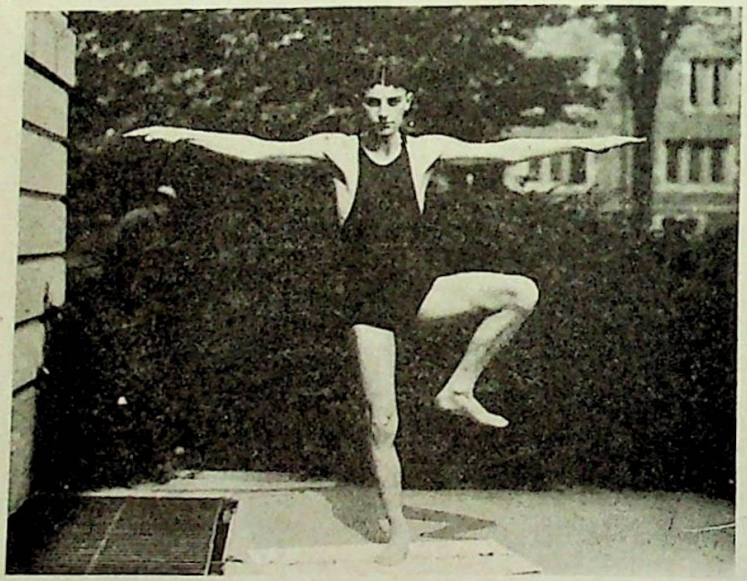


FINAL POSITION IN LAND DRILL

held high; on TWO, point fingers in the direction you are going to reach and straighten arms on a line with the shoulders. At the same time the leg is drawn up as in the frog kick. On THREE, pull arms down straight to sides and simultaneously, use the frog kick. This places you in the original position.

Water Drill

Get into water about three feet deep; place yourself in a floating position flat on your back, head thrown back as far as possible, legs together, arms close to the sides with hands placed against the thighs. On a mental count of ONE, bring the palms of the hands up across the abdomen and chest; on TWO, reach out to the sides, palms of hands just under the surface, at the same time bringing up the legs, keeping heels together, but with knees spread widely apart. On THREE, the arms are whipped to the sides, at the same time the kick is made, which, if properly done will shoot one through the water about 10



READY FOR FINAL MOVEMENT IN BACK STROKE

feet or more on each stroke. At the finish of the kick it leaves one in the position as at the start.

A mistake often made in learning this stroke is to bend the body forward at the hips as the legs are drawn up. The body should be held in a rigid position, from the hips, upwards.

If the body is doubled up it causes one to sink and the head will go under water.

Alternate Overarm Back Stroke

In this stroke the scissors kick is used, but only of the backward reach of one arm. The arms are alternately reached backward, being bent at the elbows and the back of the hand just raised across the face before the catch is made.

Inverted Crawl Back Stroke

This stroke is used only for racing purposes and is perhaps the most tiring of all strokes to use. The arm stroke is the same as above but the kick used is the inverted crawl up and down movement.

Side Stroke

This stroke may rightly be termed the basic stroke for the single overarm, double overarm, and crawl, inasmuch as the kick which is used is identical in the single and double overarm strokes which follow and a modified action in the crawl.

This stroke should be swum by the novice lying on either side, although a majority of swimmers use the right side. The arm stroke should be practiced separate from the kick until a clean action is accomplished. Take a position on the right side, right arm extended full length with left arm touching left thigh. On ONE pull down with under arm and simultaneously reach forward under water with left arm; on TWO pull back with upper or left arm and at the same time reach forward under water with right arm. This places you in original position.

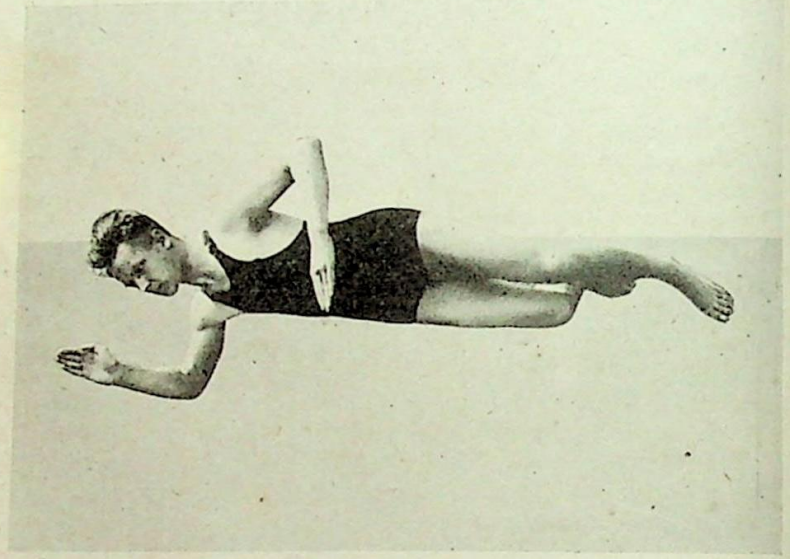
Scissors Kick

This kick is made by drawing the legs up keeping the knees and ankles together, then the upper leg is extended forward, while the under leg is simultaneously extended backward—the opening and closing of the scissors must be made in a vigorous manner and without any hesitation between the two movements. The kick is made on the downward pull of the upper arm, as the under arm is reached forward.

For other information regarding this stroke see Section No. 4 of Rules for Form Swimming Contests.

Single Overarm Stroke

This stroke is the same as the side stroke with one exception, i. e., the upper arm is reached forward out of



READY FOR KICK IN SINGLE OVERARM STROKE

water. This is accomplished by raising the elbow high and reaching over the water with arm relaxed. The kick and the rhythm is the same used in the side stroke.

Double Overarm Stroke

There is little difference between the double and single overarms. In the double, the body is turned completely on the chest with the face buried under water to allow the under arm to be reached forward over water. The kick is delayed somewhat, inasmuch as the reach is made before the kick is begun. The breath is taken as the left arm is reached forward.

Crawl Stroke

To learn this stroke should be an easy task, if the double overarm is mastered first. The arm stroke remains the same the only difference being in the kick.

This is done by a fast up and down movement of the legs, but a movement from the hips rather than from the knees.

After the combination is tried, do not try to time the kick with the arms, but rather try to keep up a fast continuous crawl kick to a slow moving arm motion.

Starting and Turning

A few years ago it was universal with all racing swimmers to take a "belly whopper" dive at the start of a race, the idea being that to skim the surface of the water without wetting the back of the head, was the fastest way to get into stroke action for the race.

It was not until 1911 that the writer after experimentation advocated a fairly deep dive, with a crawl kick and one arm drive, which today is used by all the fastest swimmers. I have proven beyond a doubt that a starting dive where the swimmer goes about 2½ feet under water, will cover at least three or four feet more, without either stroke, or exertion, than the swimmer who uses the flat racing dive.

SHOWING POSITION IN CRAWL

Racing Dive

Stand on curb of pool, toes grasping edge, knees bent, leaning forward with hands resting on knees and with

RACING START—JUST BEFORE HITTING THE WATER

muscles relaxed. Keep in this position until the starter cries "Get Set." On this command, rise on balls of feet, reach back with both arms, ready for a good spring. On the crack of the pistol, spring and throw the arms forward with the utmost energy, diving about two and a half feet under water. The crawl kick should not be started until the body begins to lose the impetus of the dive. After the crawl kick is started, pull down with the breathing arm first until head comes to the surface, which movement places you in proper posture for breathing and continuation of strokes. Good swimmers cover between 25 and 30 feet before the first stroke is begun.

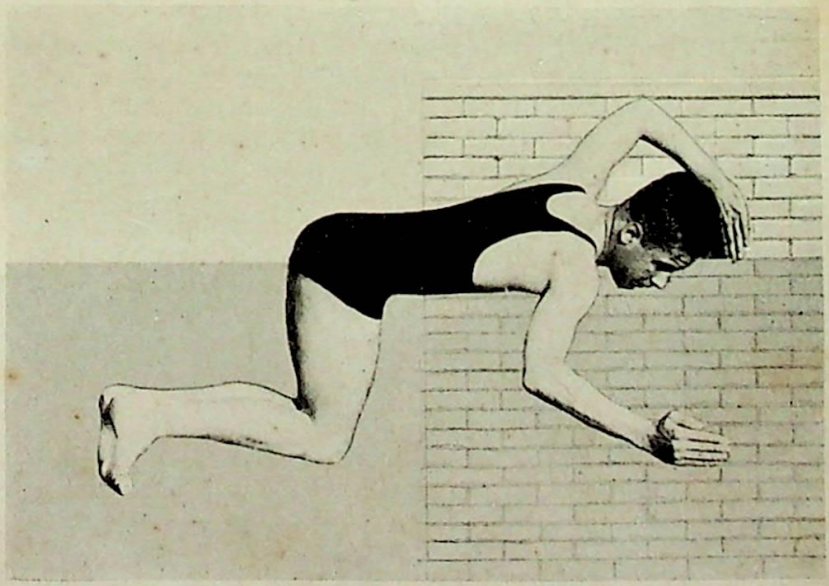
Turning

Many a race is lost or won on the turn. The advantage gained on the push-off is so great that records made in pools less than 75 feet in length are not considered as world's records and no record is allowed in this country in pools less than 60 feet in length.

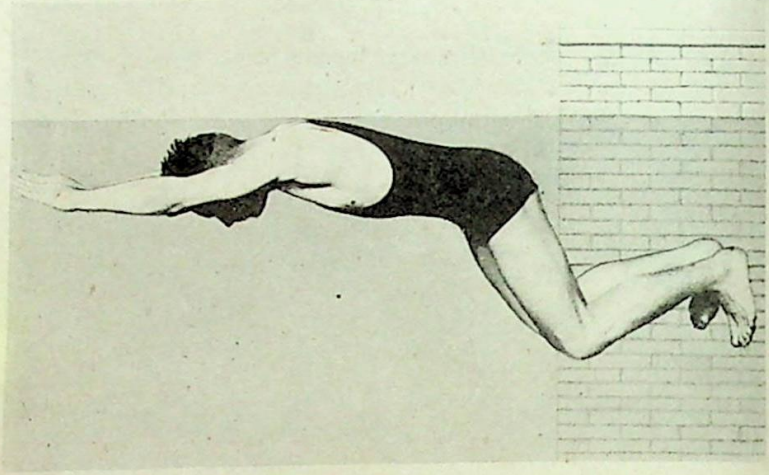
There are many styles and methods advocated by coaches, but as the rules of racing distinctly state that one hand must touch the end of the pool before pushing off, we have a basis to work on.

The easiest way to get a fast turn is to turn in the direction OPPOSITE to the side used in breathing. For instance, if you breathe on the left side, or as the right arm is reached forward, it will be to your advantage to turn to the right. If breathing on the right side, turn to the left.

In turning to the right for example, when within one foot of the wall with the right arm extended, instead of pulling downward as usual with the right arm, sweep it



SHOWING APPROACH TO TURN



PUSHING OFF AFTER TURN

horizontally to the left; as the left arm touches the wall with palm of hand, fingers pointed downward and the knees being well drawn up.

This should bring the body at least three quarters around. Then by another quick, but short sweep to the left with the right hand, the turn is completed. Now reach the left hand forward, interlocking thumbs of both hands, duck the head and push off with the utmost possible energy.

After the push-off the procedure regarding the crawl kick and the arm pull is the same as used in the starting dive. From 12 to 15 feet should be covered before beginning the stroke.

Daily practice in starts and turns should be part of the training for every speed swimmer.

Rule XII.

Determining Winners of Diving

SEC. 5. At the finish of the contest, each judge shall add up his points and place the competitors, 1, 2, 3, etc., in the order thus established. Should two or more competitors receive equal points from any judge, they shall each be awarded the same placing figures, but the next

competitors in order must be placed in the positions which they otherwise would have obtained.

Tie Scores in Diving

SEC. 6. The placing figures of each judge shall be added together, and the competitor whose aggregate is the **lowest** shall be the winner. In the event of a tie for any position, the total points of the three judges shall be added together, and such position awarded to the competitor having the **highest** number.

Analysis of Dives

General Instructions for all Dives

All dives, running or standing, plain or fancy, should be executed with the utmost possible energy. Endeavor to get as high in the air as possible.

Always stand momentarily at attention before taking off or commencing to run.

A dive is considered to be finished as soon as the whole of the body has disappeared beneath the water. No points are given for return to the surface.

Faults to be Avoided

Faults to be avoided in dives, running or standing, are as follows: falling outwards when taking off instead of springing outwards and upwards, ducking the head or throwing it too far back, and unnatural rigidity of the body which renders the dive stiff and awkward; hesitation; legs apart; feet flat; fingers spread instead of being together; legs throwing over on entering the water; hands apart in the case of a swallow dive; too much hollow to the back; fingers clenched, and arms too far back in the swallow.

Correct Form and Take-off for Running Dives

In all running dives take a run the full length of the board, but always stand at attention momentarily before

commencing. The run must be strong, quick, and natural, an dthe spring should be taken from both feet; avoid leaning forward, or the legs will be thrown up too far, but try to take the spring with the body vertical. Throw the arms into position simultaneously with the spring.

Correct Position on Board in Standing Dives

In all standing dives take a position at the end of the board, heels touching, abdomen well in, chest out, head erect—not stretched nor strained—arms held straight at the sides, with fingers loosely clenched and thumbs to the front; the whole position should be easy and graceful. Before taking off, the arms may be raised momentarily in front of, and at right angles to, the body, fingers stretched, forefingers touching and palms downward.

Correct Position of Body While in the Air

After turns, somersaults, twists, or jack-knives are completed, the whole body in its passage through the air should form an easy straight line, the head neither ducked nor thrown back, but just in an erect position in relation to the body, the thighs and back well braced, knees straight, toes pointed, and a slight natural hollow to the back. This position must be maintained until the dive is completed by the toes disappearing below the water.

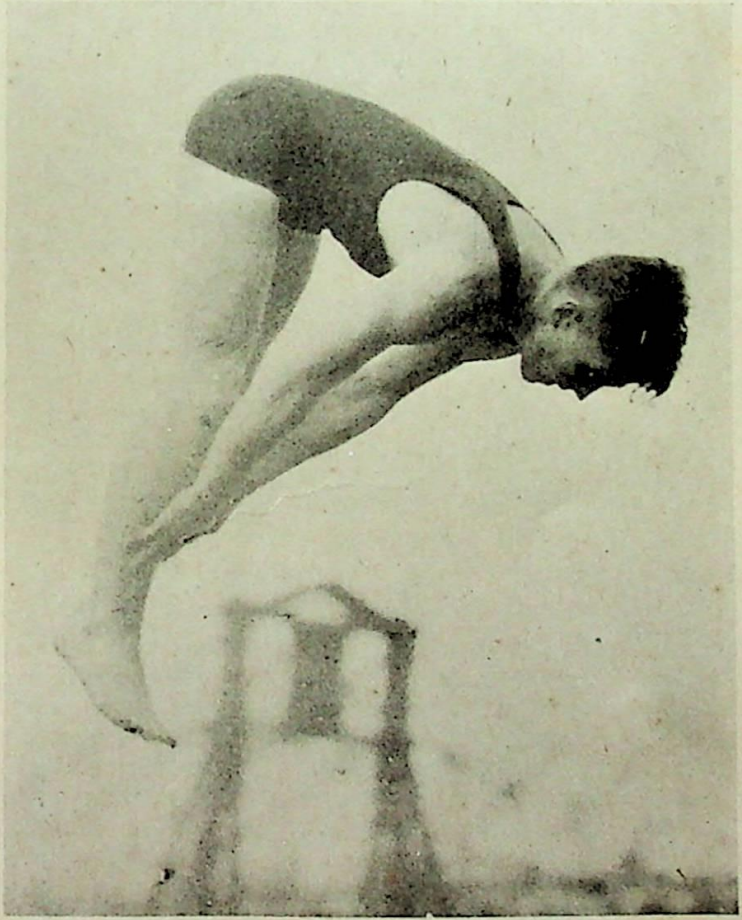
Plain Front Dive

In the plain front dive simultaneously with the spring, the arms should be swung into position either above the head with forefingers touching and palms downward, or at right angles laterally to the body as in the so-called swallow dive.

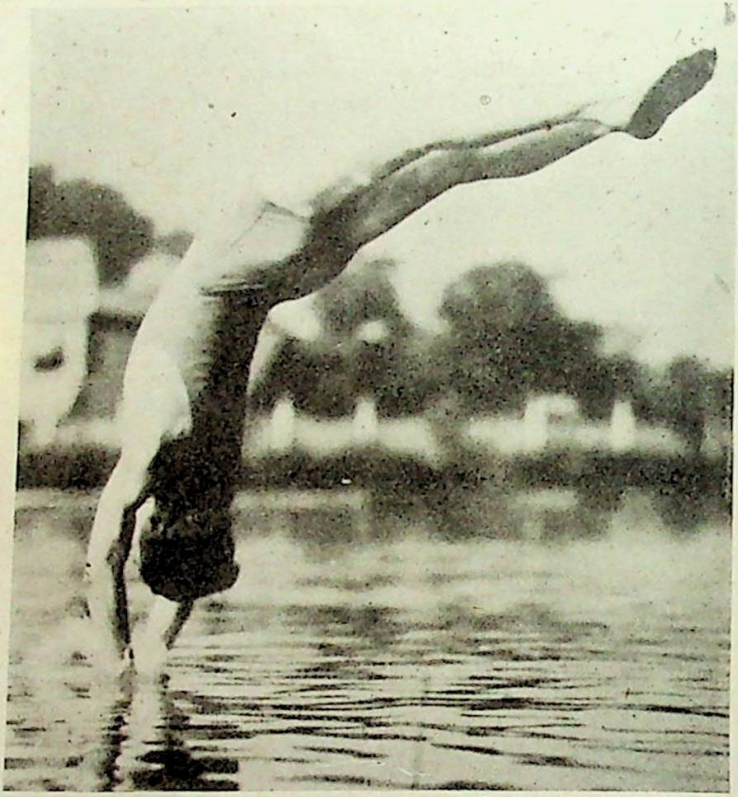
Swallow Dive

In the swallow dive the arms must be brought into position above the head just before entering the water. The entry into the water should be at an angle of about 50 or 60 degrees, and with as little splash as possible.

Judges, when judging this part of the dive, should carefully note whether the splash is caused by the body entering the water at an incorrect angle, by the legs throwing over, by the feet being flat, or by the build of the performer. It stands to reason that a heavily built person will make more splash than one of slighter build, therefore the entry into the water must be judged, not by the amount of splash made, but by the angle of entry and correctness of position.



FRONT JACK-KNIFE DIVE



BACK DIVE

Back Dive

Assume position of attention on low end of the board; walk full length of board in graceful manner; stand on balls of the feet on the extreme edge of the free end of the board with back towards the water, arms extended at sides or hands placed on hips; spring upward and slightly backward, keeping the hands in either of these positions until the body has reached its highest point in the air, at which time the hands must be fully extended beyond the head before entering the water.

Front Jack-knife Dive

Running or standing, spring from the board as high as possible. At top of spring, bend forward at the hips and touch the toes, which must be pointed. Maintain this position until the last possible moment, straighten out and enter the water head first with arms above the head. The entry into the water must be made within 6 feet from the end of the board.

Back Jack-knife Dive

Stand on the balls of the feet on the extreme edge of the board, back to water, obtain a good balance (the arms may be stretched in front of the body before taking off), avoid leaning forward, take a strong backward spring upwards and outwards, bending at the hips at the same time until the fingers touch the toes. This position is maintained and entry into the water made as in the front jack-knife dive.

Hand Balance Dive

In all hand balance dives, the balance must be held for an appreciable time.

Somersault Dives

In the front or back dives with more than one somersault, the somersault movements may be executed with the body in either of the following positions:

(a) Tucking the body as far as possible into the shape of a ball by drawing knees well up in front, and bending head and shoulders forward as far as possible, with hands gripping the legs below the knees. Straighten the body smartly before entering the water.

(b) Bending at hips as in jack-knife dive.

In all front or back single somersaults the movement is made with body in "layout" position—i. e., keeping the body erect with arms fully extended sidewise on a line with the shoulders.

Dives With Twists

In all somersaults and in jack-knife dives with twists, the somersaults or jack-knife must be completed before twisting.

Feet First Dives

When entering the water feet first, the body should be vertical, back slightly hollowed, legs straight, toes pointed, head drawn back, arms extended at the sides.

Position of the Head Important

The position of the head is of great importance in plain and fancy diving. In a plain dive, if the head be ducked, there is a tendency to throw the legs over, and if held too far back, a tendency to come flat. In fancy dives, the position of the head goes a long way towards regulating the movement of the body.

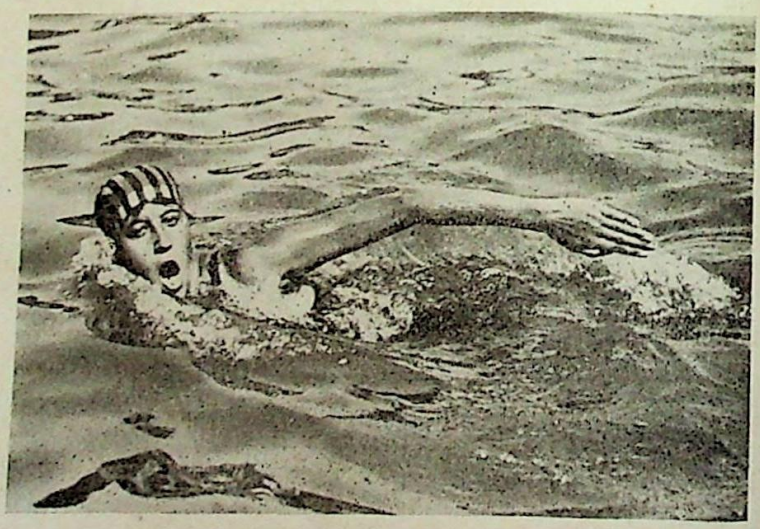


Photo International News Service

MISS FRANCES COWELL
Champion woman swimmer of the Pacific Coast

Rules for Low Board Fancy Diving

Dives shall be classified as required and voluntary. The required dives are as follows: running front dive (plain or swallow); back dive; running forward jack-knife; and back jack-knife. In addition to these dives each competitor shall perform four other dives which must be selected from the following table:

SEC. 2. Official List of Dives:

	Dive.	Standing.	Running.
1.	Forward somersault	1.5	1.5
2.	Forward 1½ somersault	1.9	1.8
3.	Forward somersault with ½ twist	1.7	1.7
4.	Forward 1½ somersault with ½ twist	2.2	2.2
5.	Forward double somersault		2.2
6.	Backward somersault	1.5	
7.	Backward 1½ somersault	2.2	
8.	Backward double somersault	2.0	
9.	Flying Dutchman (forward spring back dive)	1.9	2.0
10.	Flying Dutchman somersault	1.7	1.8
11.	Flying Dutchman ½ twist	1.7	1.7
12.	Twisting back 1½ somersault	2.1	
13.	Forward spring half twist back dive	1.5	1.6
14.	Forward spring full twist with forward dive	1.8	1.8
15.	Backward spring and forward dive (½ twist)	1.4	
16.	Backward spring and backward dive (full twist)	1.9	
17.	Backward spring forward somersault	1.9	
18.	Backward spring and 1½ forward somersault	2.0	
19.	Forward jack-knife ½ twist	1.8	1.9
20.	Forward jack-knife with full twist	2.2	2.2
21.	Backward jack-knife ½ twist	1.9	
22.	Handstand dive	1.2	
23.	Handspring dive with somersault	1.6	1.6

The official diving board shall have a length of not less than 12 feet nor more than 13 feet, shall be at least 20 inches wide, and shall project not less than 2 feet beyond the edge of the pool. The height of the board from the surface of the water shall be not less than 2 feet 6 inches nor more than 4 feet. The fulcrum shall be placed at least one-third the length of the board from the free end.

Note.—Experience has proved the diving board of the following construction most desirable: six 2-inch x 4-inch strips of straight grained white ash, 12 or 13 feet in length, fastened together b ytwo 2-inch x 4-inch cleats, 3 inches apart, so as to form a groove for the fulcrum at one-third the distance from the free end, and with five 2-inch x 6-inch cleats equally distributed over the remainder of the board. The board should be securely fastened to the floor with bolts at one end, there being no fastening at the fulcrum. Cocoa matting as a covering for the board has been found more satisfactory than rubber.

The minimum depth of water in all diving competitions shall be 7 feet.

Contestants when executing any jack-knife dive must enter the water within six feet of the end of the diving board. Lines shall be painted on the curbing on each side of the pool, six feet from the end of the diving board, to assist the judges in determining fouls. If a contestant enters the water beyond this 6-foot limit the dive shall be considered of lower value.

A written list of voluntary dives shall be submitted by each competitor to the judges before the beginning of the competition. Changes in this list shall not be permitted. No competitor shall be permitted to repeat any dive.

Any diver, to perform a perfect head foremost dive, must have his hands enter the water first.

Rules for High Diving

For high diving competition from a firm take-off the platforms shall be 7 feet wide, fixed, free from spring and placed at two heights, the first not less than 14 feet and not more than 16 feet and the second not less than 24 feet and not more than 27 feet above the surface of the water.

The program for championships shall consist of two compulsory dives from the lower platform, namely, one plain back dive and one backward somersault; and two from the high platform, one running plain dive and one standing plain dive, and six voluntary dives, to be performed from the high platform and to be selected from the following table:

	Dive.	Standing.	Running
1.	Backward spring and forward dive with half twist	1.4	
2.	Forward spring and backward dive with half twist	1.6	1.7
3.	Forward spring and forward dive with full twist	1.9	1.9
4.	Backward spring and backward dive with full twist	2.1	
5.	Armstand	1.6	
6.	Armstand and somersault	1.5	
7.	Armstand backward fall dive	2.1	
8.	Armstand with double somersault	2.2	
9.	Backward dive	2.1	
10.	Backward somersault	1.7	
11.	Forward somersault	2.1	2.1
12.	Forward 1½ somersault	1.9	1.9
13.	Foreward double somersault	2.2	2.2
14.	Forward 2½ somersault	2.3	2.3
15.	Backward 1½ somersault	2.4	
16.	Backward double somersault	2.1	
17.	Forward somersault with half twist	2.1	2.1
18.	Forward 1½ somersault with half twist	2.2	2.2
19.	Backward spring and forward somersault	1.8	
20.	Backward spring and forward 1½ somersault	2.0	
21.	Flying Dutchman	2.1	2.2
22.	Flying Dutchman somersault	1.9	1.9
23.	Flying Dutchman 1½ somersault	2.5	2.5
24.	Flying Dutchman double somersault	2.3	2.3
25.	Flying Dutchman with half twist	1.8	1.8
26.	Jack-knife forward	1.4	1.4
27.	Jack-knife backward	1.4	
28.	Jack-knife forward with half twist	1.9	1.9
29.	Jack-knife forward with full twist	2.1	2.1
30.	Jack-knife backward with half twist	2.0	
31.	Jack-knife backward with full twist	2.2	

Method of Scoring Dives

There shall be not less than three judges, who shall, independently and without consulting each other, award points, and, if necessary, half points, up to the maximum of 10 for each dive, according to the following scale:

Unsuccessful attempt	0
Poor dive	3
Fair dive	6
Good dive	8
Excellent dive	10

In the case of voluntary dives, before adding up his points and placing the competitors, each judge shall multiply the points which he has awarded for each dive by the value given in the list of fancy dives, and shall add the products so obtained. The maximum for each required dive shall be 10 points without addition for degree of difficulty.

When judging voluntary dives, on no account shall the maximum for any particular dive be raised, or shall the judge take into consideration the difficulty of the dive done, but points shall be awarded for execution alone. An unsuccessful attempt is one in which the competitor has failed to perform the dive nominated.

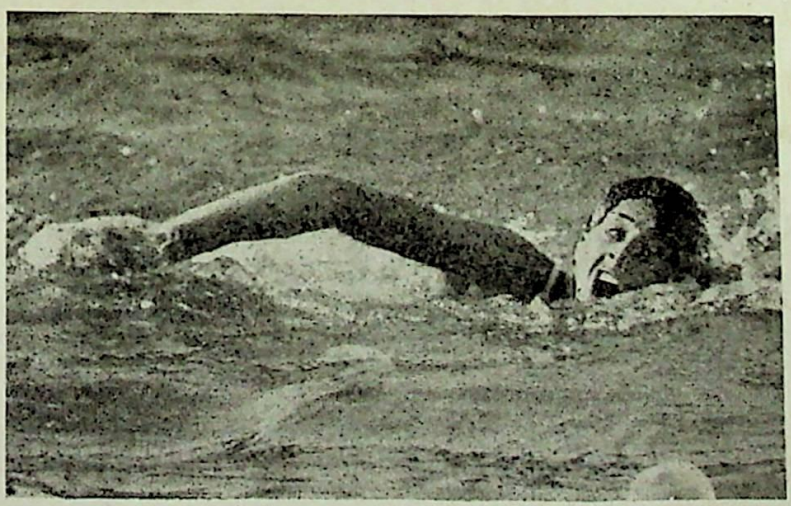
At the finish of the contest, each judge shall add up his points and place the competitors, 1, 2, 3, etc., in the order thus established. Should two or more competitors receive equal points from any judge, they shall each be awarded the same placing figures, but the next competitors in order must be placed in the positions which they otherwise would have obtained.

The placing figures of each judge shall be added together, and the competitor whose aggregate is the **lowest** shall be the winner. In the event of a tie for any position, the total points of the three judges shall be added together, and such position awarded to the competitor having the **highest** number.

First column is Judge's possible estimate of value of a given dive on basis of points or half points, ten points being given for a perfect dive. Succeeding columns contain final results of dives after judge's estimate has been multiplied by the proper factor for difficulty. The various possible factors for difficulty (see official list of dives) appear in bold face type at top of column of final results.

Table for Scoring Difficulty of Dives

	1.2	1.4	1.5	1.6	1.7	1.8	1.9	2.0	2.1	2.2
1.	1.2	1.4	1.5	1.6	1.7	1.8	1.9	2.0	2.1	2.2
1.5	1.8	2.1	2.25	2.4	2.55	2.7	2.85	3.	3.15	3.3
2.	2.4	2.8	3.0	3.2	3.4	3.6	3.8	4.	4.2	4.4
2.5	3.0	3.5	3.75	4.0	4.25	4.5	4.75	5.	5.25	5.5
3.	3.6	4.2	4.5	4.8	5.1	5.4	5.7	6.	6.3	6.6
3.5	4.2	4.9	5.25	5.6	5.95	6.3	6.65	7.	7.35	7.7
4.	4.8	5.6	6.0	6.4	6.8	7.2	7.6	8.	8.4	8.8
4.5	5.4	6.3	6.75	7.2	7.65	8.1	8.55	9.	9.45	9.9
5.	6.0	7.0	7.5	8.0	8.5	9.0	9.5	10.	10.5	11.0
5.5	6.6	7.7	8.25	8.8	9.35	9.9	10.45	11.	11.55	12.1
6.	7.2	8.4	9.0	9.6	10.2	10.8	11.4	12.	12.6	13.2
6.5	7.8	9.1	9.75	10.4	11.05	11.7	12.35	13.	13.65	14.3
7.	8.4	9.8	10.5	11.2	11.9	12.6	13.3	14.	14.7	15.4
7.5	9.0	10.5	11.25	12.0	12.75	13.5	14.25	15.	15.75	16.5
8.	9.6	11.2	12.0	12.8	13.6	14.4	15.2	16.	16.8	17.6
8.5	0.2	11.9	12.75	13.6	14.45	15.3	16.15	17.	17.85	18.7
9.	10.8	12.6	13.5	14.4	15.3	16.2	17.1	18.	18.9	19.8
9.5	11.4	13.3	14.25	15.2	16.15	17.1	18.05	19.	19.95	20.9
10.	12.	14.	15.	16.	17.	18.	19.	20.	21.	22.



DOUBLE OVERARM STROKE

Mc Henry (Yale) — **Dane (Princeton)** — **Benjamin (Yale)** — **Kazanjian (Princeton)**

REQUIRED DIVES	FINAL
1 RUNNING FRONT	8.
2 BACK	8.5
3 RUNNING FORWARD JACK-KNIFE	9
4 BACK JACK-KNIFE	9.

OPTIONAL DIVES	DEGREE DIFF.	JUDGE'S AWARD		
5 Running 1½	1.8	9.	16.2	
6 Standing Dutchman	1.9	8.	16.2	
7 Running Dutchman	2.0	8.	16	
8 Somersault	1.7	8.	13.6	

Judge Lawrence — 4th TOTAL 96.5

REQUIRED DIVES	FINAL
1 RUNNING FRONT	8.5
2 BACK	9.5
3 RUNNING FORWARD JACK-KNIFE	9.5
4 BACK JACK-KNIFE	9.5

OPTIONAL DIVES	DEGREE DIFF.	JUDGE'S AWARD		
5 Running 1½	1.8	9	16.2	
6 Standing Dutchman	1.9	9.5	18.05	
7 Front jack-knife with ½ twist	1.9	9.5	18.05	
8 Front dive with ½ twist	1.6	9.5	15.2	

2ND TOTAL 104.5

REQUIRED DIVES	FINAL
1 RUNNING FRONT	8.5
2 BACK	9.
3 RUNNING FORWARD JACK-KNIFE	9.
4 BACK JACK-KNIFE	9.

OPTIONAL DIVES	DEGREE DIFF.	JUDGE'S AWARD		
5 Running 1½	1.8	9.	16.2	
6 Standing Dutchman	1.9	9.	17.1	
7 Running Dutchman	2.0	8.5	17.	
8 Somersault	1.7	9.5	15.2	

3RD TOTAL 101.05

REQUIRED DIVES	FINAL
1 RUNNING FRONT	8.5
2 BACK	9.
3 RUNNING FORWARD JACK-KNIFE	9.
4 BACK JACK-KNIFE	9.5

OPTIONAL DIVES	DEGREE DIFF.	JUDGE'S AWARD		
5 Front jack-knife with ¼ twist	1.9	9.	17.1	
6 Standing Dutchman	1.9	9.5	18.05	
7 Running Dutchman	2.0	9.	18	
8 Back jack-knife with ¼ twist	1.9	9.5	18.05	

1ST TOTAL 107.2

COPY OF SCORING AND HANDICAP SHEET FOR DIVING EVENTS

HOW TO BREAK HOLDS

HOW TO CARRY

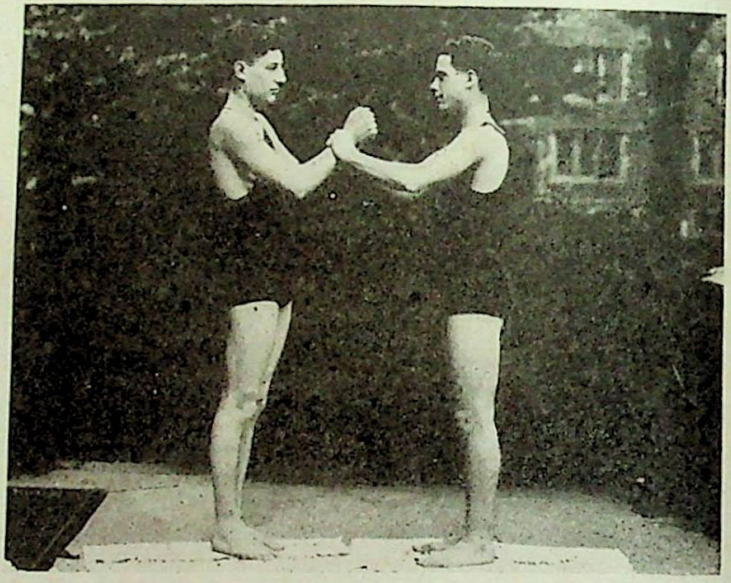
SCHAFER METHOD OF RESUSCITATION

AFTER TREATMENT OF APPARENTLY DROWNED

ADVANTAGE OF SCHAFER METHOD OVER OTHER METHODS OF RESUSCITATION

Methods of Release From the Clutch of a Drowning Man

Often we have read of the powerful strength of a drowning person, and of men who lost their lives by being held in the death grasp of frantic and struggling victims of the water. Throughout the summer you may read harrowing details of how heroes meet death by getting in contact with this vise-like grip of strangling humans—how they locked arms and went under to come

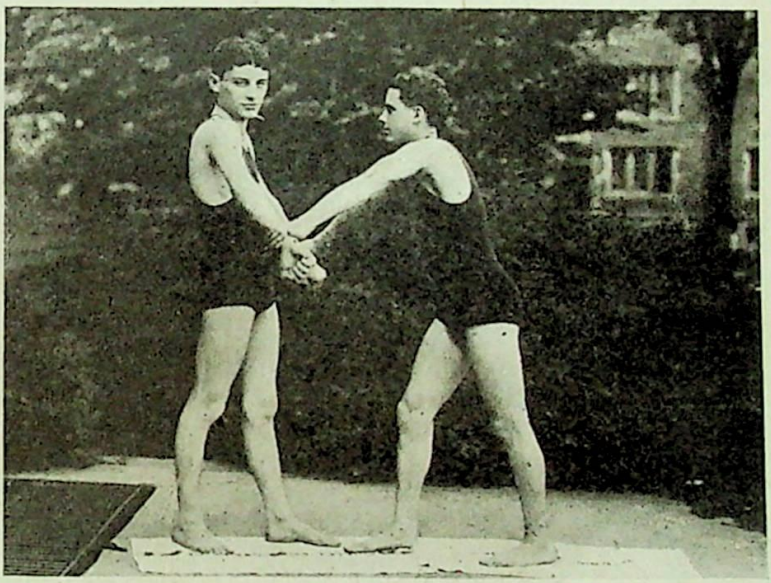


ILLUSTRATING WRIST HOLD

up for the first, second and third time, and then—"only a bubble marked the spot where they both went down for the last time."

The "death grasp" and "rising for the third and last time" are stereotyped phrases, used by every newspaper in the land. In nearly every drowning case, the reporter, not having been an eye witness gets the news of the tragedy second hand, and it is only reasonable to suppose that he will use these phrases, not only because he doesn't know better, but because they have been used since newspapers have been in existence.

It is a fact, however, that the body of a drowning person may go under and come up 15 times or more, or it may go down and never re-appear on the surface for a period of from six to eight days. Just so long as there is sufficient air in the lungs, the body will appear on the surface. As for the "death grasp"—it is believed by every authority on life saving that there is no such thing. A person drowning has tremendous strength for a period



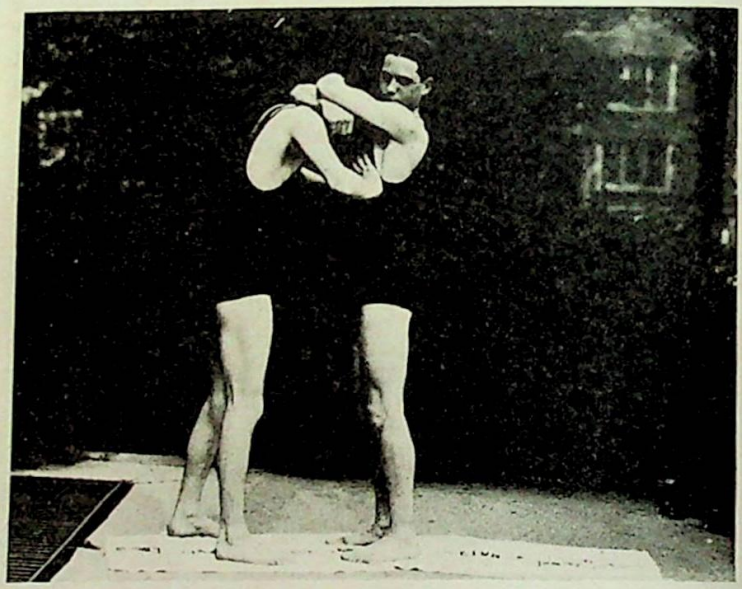
RELEASE OF WRIST HOLD

of a few seconds, but the deadly lock which cannot be broken is purely fiction.

It has been figured by experts there are about four ways a person may be gripped in the water. First, by the arms or wrists; second, around the neck; third, around the arms and waist (which seldom occurs) and fourth, a back strangle. Unless the rescuer is taken unawares, this last hold never can be secured, for it is understood the rescuer always faces the victim and at no time is his back turned, which makes it nearly impossible to get this dangerous hold.

I will explain the methods of release in the order in which they are taught by the Royal Life Saving Society of England and the Princeton University Life Saving club.

First, we have the wrist or arm grip. This is the most simple of all to break. If the rescuer is grabbed around both wrists or arms, merely work against the thumbs of the victim, by giving a hard twist to the sides and either up or down, depending on how one is held, but by work-



BREAKING FRONT NECK HOLD

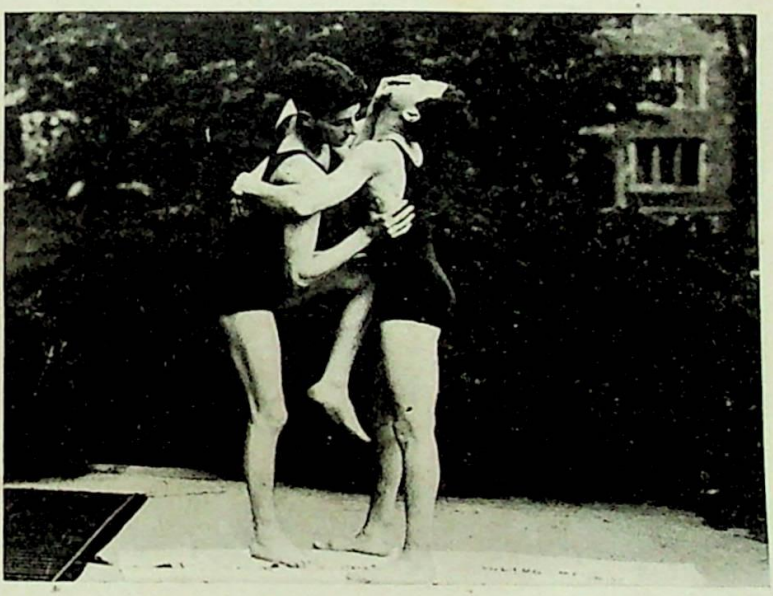
ing against the thumbs the hold is broken immediately.

The release for the second or front neck hold is just as easy as the wrist break. Merely push from the subjects chest and by ducking the head at the same time, swim under water and away.

When grabbed around the arms and waist, reach along back of the drowning person with the left hand and secure a grip on the shoulder; with the right hand, reach between the arms and place the palm of the hand under the struggler's chin and with the second and third fingers

press against the nostrils, which will shut off the air supply; then by pushing up with the right hand and pulling down with the left, a leverage is obtained which will break any death grasp. In order to get the right hand in position it is best to draw up the right knee forcibly against the abdomen of the subject.

The back strangle can be broken by reaching back and twisting the subject's thumb or finger and at the same time turning the head and body sharply so as to face the



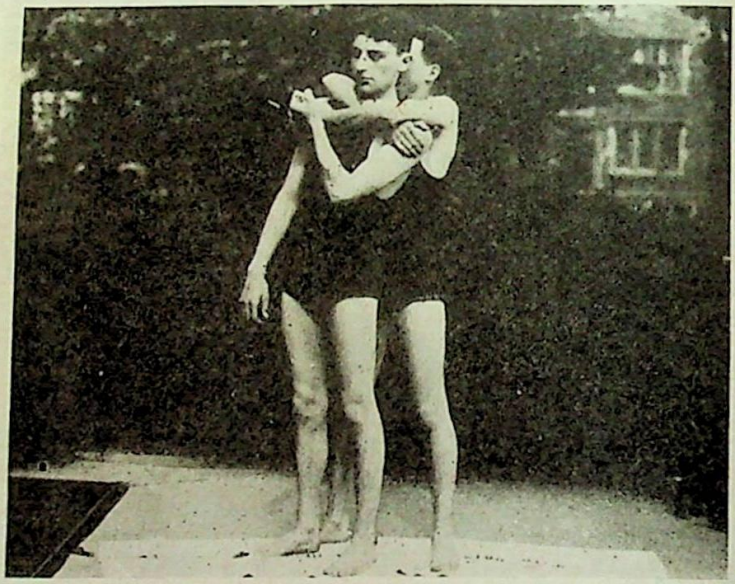
RELEASE FOR ARM AND BODY HOLD

subject. When this position has been reached the rest is easy for the release is then the same as from the front neck hold.

Many skeptics no doubt will think these instructions look good only on paper. But our American and Intercollegiate game of water polo is just a series of holds and breaks, and every conceivable grip has been tried in this game, grips that have been thought out by cool headed coaches, not by frightened maniacs struggling for life in the water, and, every one has been broken.

Rescuing a Drowning Person; Methods of Carrying in the Water

Four thousand lives are lost every year in this country by drowning. Fully one-tenth of this number could have been saved had the proper methods of carrying a struggling human in the water been executed. This is a broad statement, but I believe it is the truth that one of every ten fatalities by drowning is due to carelessness or ignorance on the part of the rescuer. I doubt if there is



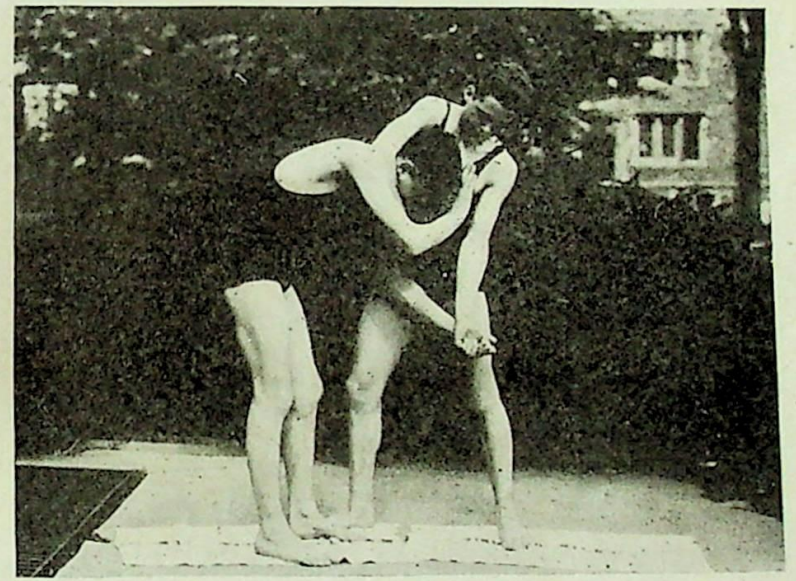
BACK STRANGLE HOLD

one swimmer in a hundred who knows how to carry a drowning person to shore, and in many cases the half unconscious victim is thoroughly drowned by the time shore is reached through the fault of the rescuer, by keeping the victims face under water.

Officials of the prominent life saving organizations have experimented with every possible way of carrying a person in the water. Only three of a dozen ways were decided on as best. In nearly every case it was found best to turn the subject on the back and the rescuer swim

using the back stroke. Many life savers have used a side stroke in carrying and this method is excellent if the rescuer has a strong scissors kick.

When swimming to a drowning person, never approach him from the front but work around so that he can be grabbed from behind. Tell him in a loud and clear voice that he is safe and if he is not struggling too much, use the first method of carrying which is as follows: Swim up to subject from rear and place left hand under the chin,



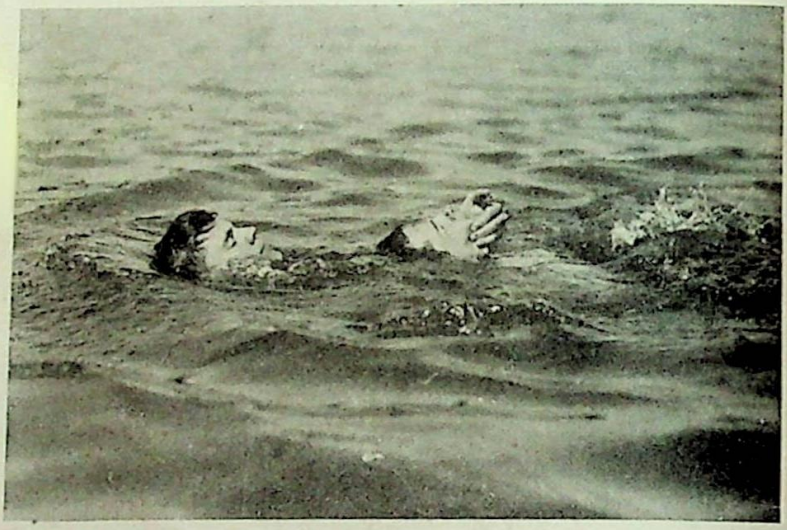
BREAKING AWAY FROM BACK STRANGLE

using the fingers for a cup or protection over his mouth to keep water out, place the head high on your chest, keeping a firm grip on his chin and swim to shore, using back stroke with frog kick and right arm.

Should the victim be struggling this first method is not so good as the second which is as follows: Approach the subject in the same manner as mentioned above but reach under his arms and secure a "full Nelson" hold—this will place him in a vise like grip that makes it impossible for him to use his arms and keeps him on his back; this

method is more strenuous for the rescuer, owing to the fact that the kick is the only method of propulsion.

The third method is called the "cramp carry" as it is used only in the case of helping a person afflicted with cramps who might be incapacitated for a time. It is the most simple of all and the most effective, as it can be used by the rescuer with no more exertion than the swimming stroke itself. Many times friends may be swimming to-



BACK STROKE CARRY

gether and one gets cramps in the leg or arms and unless this method is known a fatality may occur. Place the one afflicted on his back, have him place his hands on your shoulders lightly, and wrap his legs around your hips; by swimming the breast stroke you will find it no effort at all to carry a person a great distance. This method is invaluable and should be known by all who frequent lakes that are fed by springs where the water is cold.

The following hints will be of value in going to the rescue of a drowning person:

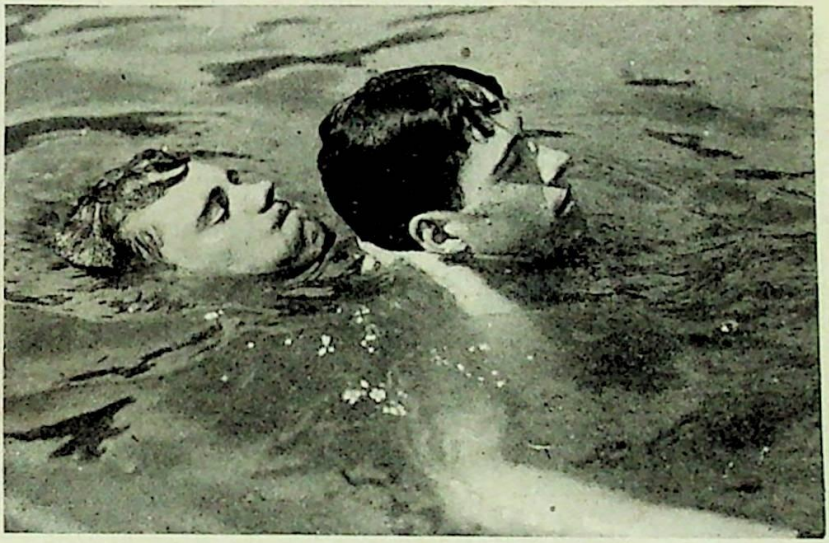
Never approach the victim from the front; always from behind.

Assure him in a loud voice that you will save him.

If by accident or otherwise, you are grasped by the victim, release yourself by using the methods prescribed in the preceding chapter.

Remember that the drowning person is always at a disadvantage, he hasn't his right senses and you are in full possession of yours.

Always place victim on his back and use the back



FULL NELSON CARRY

stroke or side stroke in carrying, for in this way you have your heads out of water and can breathe.

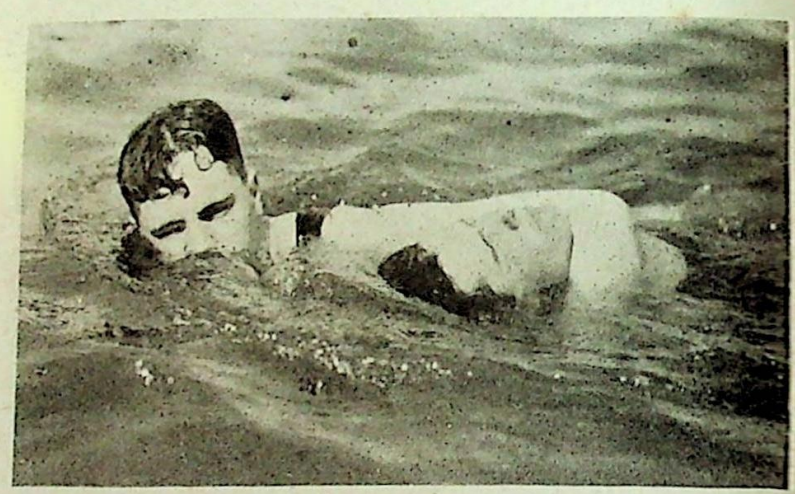
REMEMBER THIS. The death grasp is a fallacy, and no apprehension should be felt on this score in going to the rescue of any one in distress.

If a person has sunk to the bottom and the water is smooth, the exact position where the body lies may be known by the air bubbles which will occasionally rise to the surface. Allowance, of course must be made for the motion of the water, if in a tide way or stream, which will have carried the bubbles out of a perpendicular course in coming to the surface. Many times a body may be

regained from the bottom, before too late for recovery by diving for it in the direction indicated by the bubbles.

Schafer Method of Resuscitation

What would you do if called upon to revive an apparently drowned person? This question was put to several expert swimmers, all of whom were men who seemed to be more at home in the water than out and all had had experience in water polo—a game that to play requires



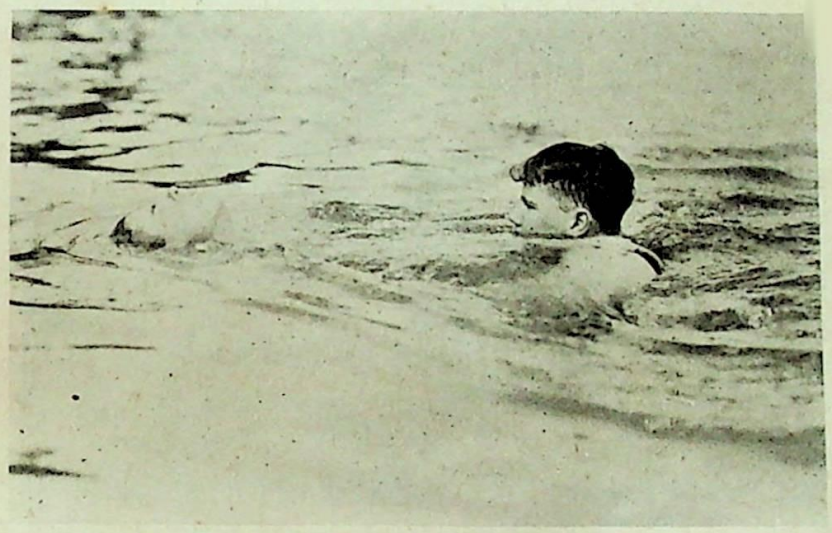
SIDE STROKE CARRY

skill as a swimmer, knowledge of wrestling, a cool head and an unlimited amount of courage. Yet, with all these accomplishments, not one possessed that valuable knowledge of resuscitation knowledge that some time or other might be the means of saving a human life.

It is not surprising however, this lack of knowledge of the most important branch of aquatics. Very few swimmers have any correct ideas as to what to do to restore life to the poor unfortunate who has been hauled from the water and the answer to the above question put to these excellent swimmers—men who have made swimming a study as well as a pastime—proved to me that drills in life saving and resuscitation would not be amiss

in all schools, colleges and athletic clubs throughout the country.

An unconscious half drowned person in the hands of a novice in resuscitation is extremely dangerous. Many fatalities have occurred trying to revive a man by an artificial respiration where the ambitious novice pumped air into the victim about 35 to 40 times a minute when natural breathing is about 12 to 15. Another mistake is

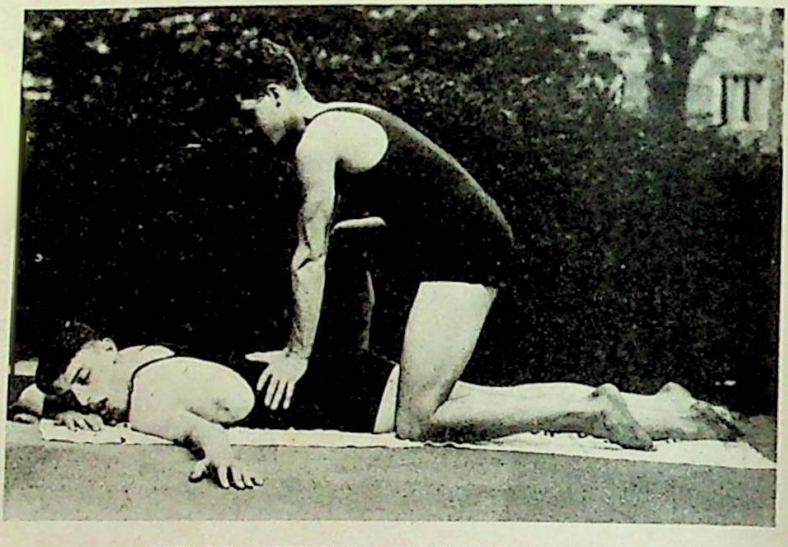


CRAMP CARRY

to force whiskey in large doses on the slowly reviving person when the dose should be not more than a tablespoonful diluted in hot water at not too frequent intervals.

In the resuscitation of the seemingly drowned, we first must analyze the abnormal conditions which we are trying to overcome and then find the best way to do this. In drowning, a person becomes unconscious because of the inability of his lungs to function, being shut off from the air supply by water. The principle of breathing is the exchange of carbon dioxide brought from the different cells of the body by the blood to the lungs for

oxygen and when this supply of oxygen is no longer obtainable, the carbon dioxide collects and it has been estimated that five per cent of this gas in the air supply of the blood is sufficient to cause unconsciousness and perhaps death, by affecting the nerve centers if the condition is not quickly relieved. Thus our problem is to effect this change of gas (carbon dioxide for air) in a



SCHAFER METHOD OF RESUSCITATION

manner as nearly normal and efficient as possible by artificial means.

And now to the methods of accomplishing this. There are four recognized, viz.: The Marshall Hall method, that of placing the patient on his side, rolling him over on his stomach and pressing with both hands just below the shoulder blades, thus contracting the lungs after which the pressure is released thus sucking air into the lungs, the whole operation being repeated twelve to fifteen times a minute.

In the Howard method, the patient is placed on his back and pressure is applied as in the above method only instead it is applied below the floating ribs but with the same rhythm.

In the Silvester which is used frequently placing the patient on his back and bringing his arms in a wide circle over his head in the plane of his body and then bringing them in the same arc down to his side exerting pressure on the ribs as in the Howard method and finally the Schafer method which I will discuss at length as only the distinguishing features of the other methods have been given.

A person is brought in from the water in an apparently drowned condition. If you are there and know what you are doing, others being in a flurry, take charge at once and proceed quickly with your task, allowing no interference. Quickly strip the patient to the waist so that there shall be nothing to stop as free a circulation as possible. Extend him full length on the ground, face down, with his head where he will obtain the most air. Place his upper arm at right angles to his body, his head resting sideways on one forearm, inclined down so that his tongue may not fall back into his throat, thus clogging the air passages to the lungs.

Clean the mucous from the throat as far as possible with a handkerchief and forefinger. No time should be lost in performing these operations although none must be done carelessly. With the person in this position you are ready to begin artificial respiration.

Kneel over the patient with one knee on each side of him, facing the same way in the most convenient manner so that with arms extended straight you may exert considerable pressure downward with the least exertion possible, for it may mean two hours' work and energy must be conserved. Place the hands, with fingers extended, on the floating ribs, thumbs parallel, a little on each side of the spinal column and press downward strongly with a forward tendency and inward toward the spine, thus forcing the carbon dioxide out of the lungs. Then release the pressure with a snap and if the operation has been performed properly, the lungs will naturally expand and suck in a fresh supply of air. In releasing the pressure the hands should not be removed from the patient's back. The whole operation of pressure and release must be repeated from twelve to fifteen times per minute.

A much quicker action will be of no avail, because as we have said above the object of the whole action is the exchange of carbon dioxide for oxygen and if insufficient time is given for this exchange, all the work is useless. Do not be discouraged if the patient does not show signs of life as soon as you think he should; frequently people have been saved after two hours' work or more. KEEP AT IT WITHOUT SLACKING. The only test that might be of any use to show whether the spark of life is still left is the rectum test: insert finger in subject's rectum and if there is no resistance to its entrance by the surrounding sphincter muscles, the chances are the patient is dead.

After Treatment of Apparently Drowned

Let us suppose that after a half hour's work the patient shows signs of life. Artificial breathing should then be stopped and a good circulation aided by massage of the wrists and lower limbs toward the heart, carefully watching the patient, however, for any cessation of breathing, in which case artificial respiration must again be resorted to. Should he be very slow in coming around, tickling the nostril or the use of pepper or snuff is useful to start the spark of life. Upon the patient regaining consciousness and his blood started circulating by means of massage he should be warmed as quickly as possible in plenty of blankets after having been thoroughly rubbed down consequent to the removal of his wet clothes. Hot water bags under arm pits, on abdomen, crotch of legs and soles of feet, help but at the same time there should be plenty of fresh air ventilation. The patient may then be tried with a teaspoonful of hot water to determine if he can swallow. If so, he may be given a teaspoonful of warm water with a little brandy in it. By this time you should have gotten word to a physician and he will take care of the patient.

Advantage of Schafer Method Over Other Methods of Resuscitation

1. Water will naturally run from lungs and stomach, when Schafer method is used, thus avoiding waste of time in trying to get it out by other means.

2. Tongue naturally falls forward. It does not have to be fastened forward as in methods where the patient lies on his back.

3. It approaches closest to the natural processes of breathing.

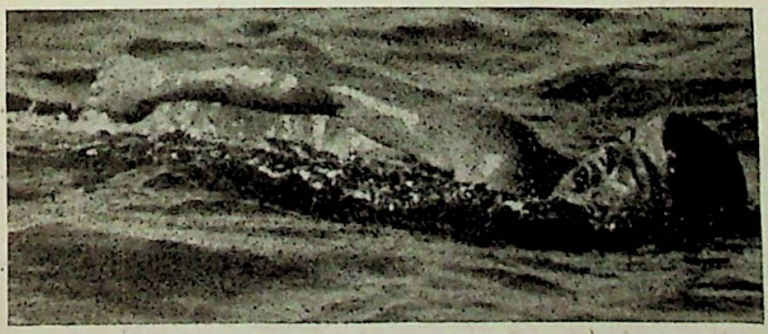
4. When done correctly, there is very little strain or exertion on the operator. It may be continued for long periods without tiring the operator. This is an important item where the artificial respiration must be continued for several hours.

5. The Schafer method can be effectively carried on by one person, where other methods usually require one or more assistants.

6. More air is exchanged per respiration with this method than with any other, or even by natural breathing. The figures of the relative exchanges of air under different treatments being as follows:

Mode of Respiration.	No.	Min. Exch.
Natural (Supine)	13	489 c. c.
Natural (Prom)	12.5	422 c. c.
Schafer Method	13	520 c. c.
Marshall Hall Method	13	254 c. c.
Howard Method	13.6	295 c. c.
Silvester Method	12.8	178 c. c.

These figures were given out by Professor E. A. Schafer when he read his paper before the Royal Society of Edinburg in December 1903. (From Ency. Brit., 11th ed.)



SINGLE OVERARM STROKE

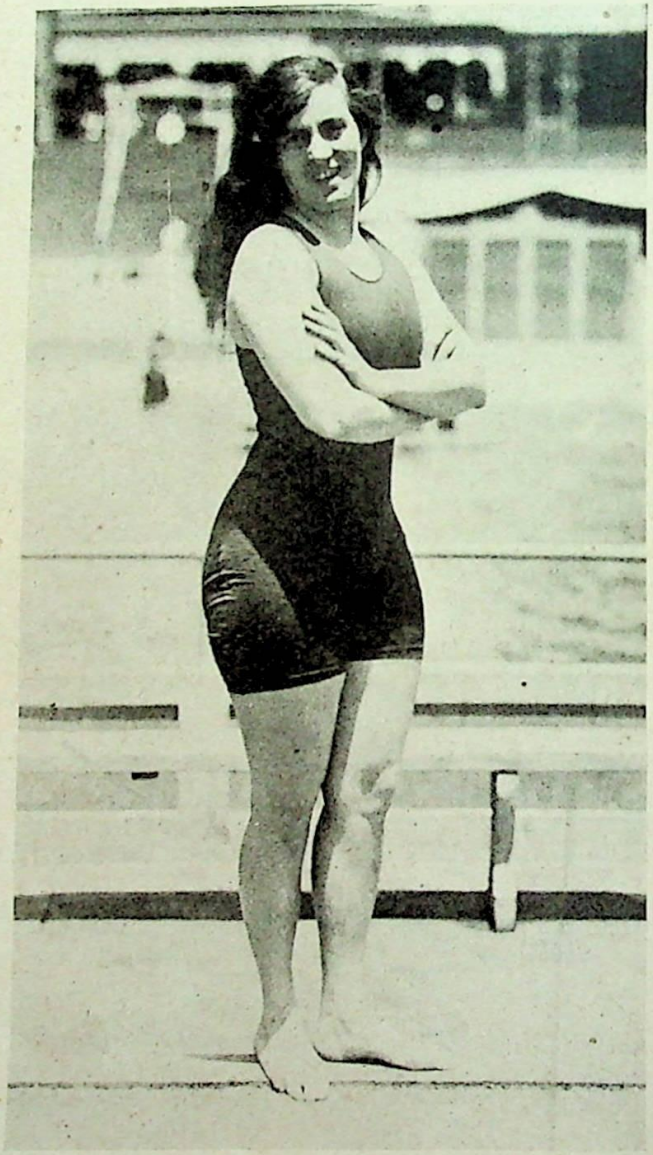


Photo International News Service

MISS FANNIE DURACK

Holder of over half a dozen champion swimming records for women. Miss Durack is a native of Australia

RULES FOR

COLLEGIATE WATER POLO

WATER BASKET BALL

INTERNATIONAL OR SOCCER WATER POLO

Rules for Form Swimming Contest

The growing interest among colleges, schools, athletic clubs, Y. M. C. A.'s and playground associations in the most efficient methods of propulsion through the water has stimulated wide research in the various possible swimming strokes. There has been endless experimentation, especially by coaches and speed swimmers, directed towards analyzing the leading possible strokes into their necessary constituent movements, and a study of these essential movements, with the aim of eliminating all retarding evolutions and perfecting those which yield greater driving power. This return to elementary principles has emphasized the need for more specific information as to what the fundamental strokes are, and what constitutes correct form in each. The present article embodies an attempt to reach this end in a new way by drawing up a set of rules for form swimming contests with a graduated scale of penalties to be inflicted for practicing disadvantageous movements.

By this manner of presentation it is hoped that the material will possess added utility since it will (1) pave the way for a more complete standardization of fundamental strokes and their form; (2) the graded penalties will give helpful information concerning the relative disadvantages encountered in the employment of the most common retarding movements; (3) it will facilitate further experimentation on an organized scale towards the goal of greater efficiency and (4) that it will serve to popularize still further technical information on the only one of the more valuable athletic sports which may be pursued with good results, by young and old, either indoors or outdoors during all seasons of the year.

The modern form swimming contest should consist of the following program of events and in the proposed order: (1) Plain front dive; (2) breast stroke; (3) back stroke; (4) side stroke; (5) single overarm; (6) double overarm; (7) crawl stroke.

The plain front dive is included in order to teach contestants to enter the water most advantageously. The swimming strokes, following this event, are now generally recognized by leading swimming authorities as comprising all the fundamental methods of propulsion through the water. All other so called strokes are merely differentiations of these basic movements.

The order of events given, groups the strokes on the basis of the leg movements, the chief source of motive power. The breast and back strokes depend mainly on the frog kick. The scissors kick is used in the side, the single and the double overarm, with a modified scissors in the crawl. The order also provides a gradual progression of increasing speed, from the slow moving breast stroke to the crawl—the acme of swimming development.

WATER GAMES

Plain Front Dive

1. The contestant should begin by assuming momentarily an easy and graceful position of attention, on the take-off. He should then spring as high into the air as possible. While in the air and before entering the water, the body must be brought into the following position: Heels and legs together, toes pointed back, arms extended to the sides and at right angles to the body, palms turned back, fingers together, back slightly arched and held held erect. The entry into the water should now be made as close as possible to the take off, the arms extended above the head, with hands together and with a minimum of "splash." The dive should be considered completed, only when the toes have disappeared below the surface of the water. The contestant should then proceed to the breast stroke position without any unnecessary movements. Failure to comply with any or all of the above conditions should lead the judge to deduct from one to ten points.

Breast Stroke

2. In this stroke the body must be kept continually on the breast, with both shoulders on a line with the surface of the water. The position at the beginning and at the end of each stroke should consist of having the arms extended in front of the head, palms together, fingers closed, legs straight, heels together and toes pointed slightly to the sides.

Progress through the water should then be made as follows: (1) Turn palms slightly outward, and then bring arms simultaneously backwards, to a position at right angles to the body, and on a line straight with the shoulders. (2) Bend arms sharply at elbows, bringing hands inward until the fingers touch. With this movement draw the legs up by spreading out the knees sidewise, while at the same time keeping the heels together and pointing the toes upwards and slightly outwards. (3) The finish of the stroke should be made by shooting the arms forward with palms together, while kicking the legs simultaneously outwards and backwards until the whole body is again in the starting position.

Inhale through the mouth while the arms are brought backward, as in the first movement, and exhale through the nostrils while the kick is being made and as the arms are being shot forward.

Penalties

	Deduct
For use of other than frog kick	5 points
If legs are drawn up before arms are brought back	3 "
If legs are drawn up under abdomen, instead of to the sides	2 "
For incorrect breathing	2 "
For failure to resume starting position at the end of each completed stroke	2 "
For submerging head. (Immersing face is permissible)	2 "
For each violation of any other of the prescribed conditions	1 "

Back Stroke

3. The following starting position should first be assumed: Lie on back, legs straight, heels together, head well back, chest high, arms straight an dat the sides, so that the hands touch the thighs. The inverted frog kick should be used, and both arms must be kept under water. In the first movement, the hands should be drawn up across the abdomen and chest, while the legs are kept straight and the feet together. As the arms are stretched outwards on a line with the shoulders, the legs should be drawn up "frog fashion" as in the breast stroke.

The final movements should be made by pulling the arms down to the sides of the body and completing the kick at the same time, thus placing the contestant in the starting position again. He should then rest in this floating position before beginning the next stroke, in order to gain the maximum advantage from the combined movement.

If the scissors kick is used the arms should be reached back out of water, alternately, and the kick must be made on one arm only. The arms should be bent slightly at the elbows, and an easy roll of the body is desirable. If the crawl kick is used, the arms should be reached back in the same manner as in the scissors kick back stroke.

Penalties

	Deduct
If scissors kick is used on under-water arm stroke...	5 points
If frog kick is used on alternate overarm stroke.....	5 "
For failure to observe correct form in the inverted frog kick	3 "
If frog kick is used with arms out of water.....	3 "
For stiff arm movement in crawl or scissors kick strokes	3 "
For kicking on each arm pull in scissors back stroke..	3 "
For failure to bring hands up over abdomen and chest, before reaching out to sides in frog kick back stroke	2 "
If body is bent forward as legs are drawn up.....	2 "
For incorrect breathing	2 "
If legs are drawn up as arms are drawn up, in frog kick back stroke	1 "
If head is ducked while using frog kick stroke.....	1 "

Side Stroke

4. This stroke should be swum with the contestant lying on either side, although the right side is preferable. The legs should be kept straight at the start, the under arm reached forward and the upper kept straight at the side. The arm stroke should be alternate, and care should be used so that neither arm breaks water. The scissors kick must be used, i. e., the legs are drawn up, keeping the knees and ankles together, and then the upper leg is extended forward, while the under leg is simultaneously extended backward; the opening and the closing of the scissors must be made in a vigorous manner and without any hesitation

between the two movements. This kick must be made on the pull down of the upper arm and as the under arm is reached forward. The breath should be taken in through the mouth as the upper arm is reached and the exhalation through the nostrils should be made on the kick. Looking ahead in this stroke is considered poor form as direction may be had from the side.

Penalties

	Deduct
If frog kick is used	3 points
For rolling on breast as upper arm is reached forward	2 "
If legs are drawn up as upper arm is reached forward	2 "
If upper leg is extended backward instead of forward in scissors kick	2 "
For incorrect breathing	2 "
For looking ahead	1 "
If upper arm is pulled through water as in the breast stroke, instead of being pulled downward	1 "

Single Overarm

5. This stroke is essentially the same as the under arm side stroke, the sole difference being that the upper arm is advanced above the water and the body is given a quarter roll on the breast at the same time. In reaching forward, the upper arm is raised from the water by (1) relaxing the forearm, then (2) elevating the elbow to a height that will permit advancing the hand in a direct line passing near the head, just above the surface of the water. The catch should be made before the arm is fully extended and at a point a little in advance of the head.

Penalties

	Deduct
If kick is made as each arm is advanced	5 points
If upper arm is reached forward in stiff or cramped manner	2 "
If elbows are not kept high in recovery of upper arm	2 "

Deduct additional points for faults as in the side stroke.

Double Overarm

6. The double overarm differs from the single overarm only in that the body is turned entirely on the breast, with the face immersed, to permit raising the under arm above the water, preparatory to reaching forward.

Penalties

	Deduct
If under arm is not kept clearly above the water in reaching forward	3 points

Deduct additional points for faults as in the single overarm and side strokes.

Crawl Stroke

7. Standardization of this stroke is very difficult owing to the different methods of crawl used, any style of which may be considered as correct. With the exception of one type, the arm stroke is the same, namely, as in the double overarm, the catch being made on a straight line in front of the head with arms slightly bent. The exception is what is commonly known as the Australian crawl; in this stroke the arms are reached forward alternately in quite a stiff manner and the catch is made with arms on the side and a little in advance but away from the head, while the kick is used as a two-beat thresh, i. e., the right leg is kicked in an up and down thresh as the left arm is extended and vice versa.

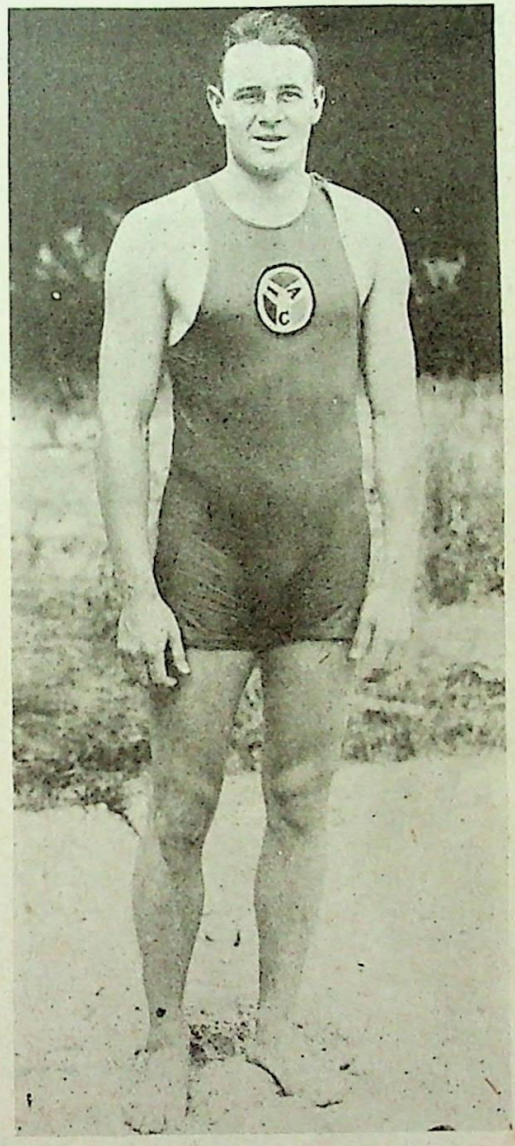
In the four-beat and six-beat crawls, which are the American improvements on the Australian type, the arms are extended in a relaxed manner in advance of the head and the catch is made at the point directly in front of the head. In this stroke the rhythm is maintained by kicking, respectively, two or three beats on the pull of each arm.

In addition another type of crawl, termed the "trudgeon crawl" is characterized by the interjection of a small straight legged scissors kick on the pull down of the breathing arm, while a comparatively slower up and down thresh is maintained between the scissors, and a roll of the body is mde as in the double overarm.

Breathing varies a great deal in the different types of crawl. In the trudgeon crawl, inhalation is made once on each complete cycle. In the American type of four-beat and six-beat crawl, the breath is taken usually on every second or third completed cycle. In the Australian crawl there is no rhythmatic breathing, the swimmer arranging for himself the precise moment for inspiration.

Considering the difficulty of standardization, judges are required to note the following principles when awarding points: In a form contest speed is not essential, more important consideration being ease, grace, rhythm and evidence of latent speed.

Points should be deducted as in the double overarm.



HARRY J. HEBNER
Showing wonderful muscular development due to swimming

College Water Polo Rules

As used by the Eastern Inter-Collegiate Swimming League

RULE I. PLAYING AREA

Size of Pools

SECTION 1. The length of the playing area shall be not greater than 75 feet nor less than 60 feet. The width of the playing area shall be not greater than 40 feet nor less than 20 feet. All pools shall conform as nearly as possible to these dimensions.

Note.—When pools have a *shallow end* it is advisable to *shorten* the playing area by placing a *spar with goal attached* across the pool so as to insure a playing area of 6 *feet deep.*

Lines

SEC. 2. The following lines on each side of the playing area shall be plainly marked.

1. Center line—equidistant from ends.
2. Four-foot lines—4 feet from ends.
3. Fifteen-foot lines—15 feet from ends.
4. Twenty-foot lines—20 feet from ends.

Zones

SEC. 3. The two 20-foot areas at the ends of the pool shall be called the *goal zones.*

RULE II. THE GOALS

Size of Goals

SECTION 1. The goals shall be boards 4 feet in length and 18 inches in height and marked in large letters with the word *goal.*

Location

SEC. 2. They shall be located at the ends of the playing area 12 inches above the water level and equidistant from the sides.

RULE III. THE BALL

Size of Ball

SECTION 1. The ball shall be the regulation white rub-

ber *water polo ball,* not less than 7 nor more than 8 inches in diameter.

Inflation

SEC. 2. It should be inflated *seven-eights full* and free from oil, grease or other objectionable substance so that a good grip may be had on it with one hand, and it shall be inspected by the referee before putting it into play to see that the inflation is as described.

SEC. 3. The home team shall supply an official ball.

RULE IV. PLAYERS AND SUBSTITUTES

Positions

SECTION 1. The team shall consist of six players in the following positions: Center, Right Forward, Left Forward, Right Back, Left Back, and Goalkeeper.

Captains

SEC. 2. The captains must be *playing* members of their teams. All protests, all demands for cessation of play for any purpose whatsoever, and notices of substitution of players must be made to the referee by the *captains.*

Substitution of Players

SEC. 3. A player may be substituted for another at any time, *provided that his side has possession of the ball,* or at any time at the discretion of the referee. Before entering the water the new player must report to, and be recognized by, the referee.

Number of Substitutions

SEC. 4. Only *two* men may be substituted in any one championship game unless it is otherwise agreed by both captains before the *start* of the game. A player who has been removed during the game for other reasons than disqualification may be returned during the subsequent period.

RULE V. OFFICIALS

Number of Officials

SECTION 1: There shall be the following officials:
Referee.
One Timekeeper.
Two Goal Umpires.
One Scorer.

Selection of Referee

SEC. 2. The referee must be selected and mutually agreed upon by the official representatives of both teams. He shall be supplied with a whistle and pistol for signaling.

Note.—It is advisable for each league to have an approved list of officials from which to choose.

Umpires

SEC. 3. The *umpires* shall call attention to any fouls, shall give evidence on the scoring of goals *if called upon*, but may *not* stop the game.

Timekeeper

SEC. 4. The timekeeper shall be chosen by mutual agreement of the two captains. He shall be supplied with a stop watch and whistle and shall keep time on the game.

Duties of Referee

SEC. 5. The referee shall have absolute supervision of the game, shall have the power to *reverse* any decision of an *umpire*, and shall call fouls when necessary.

Referee Announces Fouls

SEC. 6. In case of a foul the referee shall indicate the offender and announce the *nature* of the foul, so that the scorer, offender, and spectators can hear him.

RULE VI. THE GAME

Length of Game

SECTION 1. The game shall consist of two periods, or halves, of 8 minutes each, with an intermission of 5 minutes.

Rule VI

Extra Periods

SEC. 2. In the case of a tie at the end of the second period, the teams shall rest 5 minutes and then play for another period of *three* minutes, or as many such periods as may be necessary to break the tie.

Time Out

SEC. 3. A captain, *provided his team is in possession of the ball,* may call time out without penalty up to 2 minutes for any purpose, but not more than twice in one period. On *resumption* of play the teams shall take position *back* of their own 20-*foot lines* and the ball shall be given to the *goalkeeper* of the team having possession of it when time was called. Time occupied by disputes, repairing of suits, replacing of men, lining up for new start, and free throws from fouls, shall *not* be counted as time of play.

Referee Stopping Game

SEC. 4. When for any reason the referee wishes to call time or stop play during any period, he shall sound the whistle or pistol. This signal shall immediately render the ball *dead,* and the ball so stopped shall not again be put into play except by the referee, who shall give it to the goalkeeper of the team having it last, both teams being *in* the water *within* their *own* 20-foot line when the play is resumed.

Ball Out of Bounds

SEC. 5. Time shall be taken out whenever the ball goes out of bounds, time out to begin when the referee's whistle or pistol sounds calling the ball out of bounds, and time in again shall begin when the referee's whistle or pistol sounds calling the ball in play.

Start of Game

SEC. 6. The start at the beginning of each period shall be made by both teams lining up at their respective ends

of the pool, *the visitors being given choice* at beginning of first period. The ball shall be placed in the center of the playing area by the referee and held there with a pole fitted with a ring, start for the ball being made only at the sound of the whistle or pistol. In case of a *false* start, teams shall line up as before. *Three consecutive false starts* by one of the teams shall constitute a *technical* foul. Teams shall change ends at half time and at the beginning of each extra period.

RULE VII. DEFINITION OF TERMS

Ball In Play

SECTION 1. The ball shall be considered in play until it either leaves the playing area or the referee signals with whistle or pistol.

Method of Making Goals

SEC. 2. To score a *touch goal* the ball must be touched to the goal while in the possession of a player on the attacking side. To score a *thrown goal,* the ball must strike the goal board after being thrown by a member of the attacking team from *outside* the 15-foot line.

Putting Ball in Play After Score or Free Throw

SEC. 3. After a touch goal or a thrown goal has been scored, the teams shall line up at their respective ends of the playing area and the ball shall be given to the *goalkeeper* of the side *scored upon,* and at the signal by whistle of the referee all the men of both teams must enter the water *immediately* from their respective ends of the pool *under penalty* of a *technical* foul and in 10 *seconds* the goalkeeper holding the ball must pass or carry it out of his goal zone. When the ball is in a team's own zone a player on that team may retain possession of it not longer than 10 *seconds* or until the umpire or referee signals by words, at which signal the ball must pass out of that goal zone or be forfeited to the goalkeeper of the opposing team.

Exception.—After a foul has been called, players on each team (with the exception of the free thrower) shall line up

Rule VII

inside of their own 20-foot mark; and no player shall interfere with the ball or the free thrower while the try for goal is being made. After the free throw, whether successful or not, the ball shall be given to the goalkeeper of the team fouled against, the free thrower having first taken a position behind his own 20-foot mark. Play shall be resumed on signal from referee.

Putting Ball in Play After Being Thrown Out of Pool

SEC. 4. If a team causes the ball to go out of the playing area, it shall be given to the goalkeeper of the opposing team within his own 4-*foot line;* and the players of the team causing the ball to go out shall *not* be allowed within the 15-*foot line* until the whistle or pistol is sounded. No player shall leave the water when the ball goes out of bounds.

Carrying the Ball Under Water

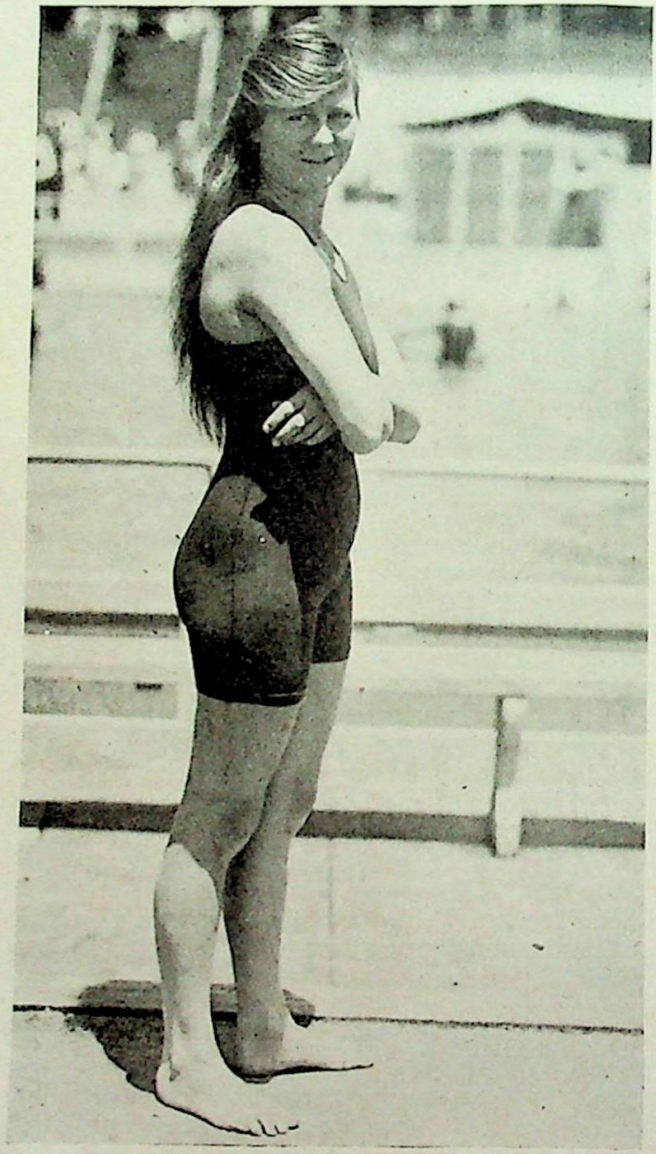
SEC. 5. The ball shall be kept *on or as near the surface* as possible and shall not be *intentionally* carried under water. If, however, a player with the ball has been forced under by an opponent, he may carry the ball as far as eight feet under water. The ball shall not be carried under water a greater distance than this under any circumstances. No goal shall be counted if scored on an *under water pass.*

Resting

No player shall hold on to the side or end of the pool except for the purpose of resting and shall take *no part in the play* while resting.

Playing Within Four-foot Line

SEC. 6. No player except three backs of the *defending* side shall be allowed inside the 4-foot line until the *ball* is within it. When the ball is *within* this line no player *inside* this section will be allowed *artificial* support other than the *bottom* of the playing area.



MISS MINA WYLIE

A young Australian girl who is the world's champion woman breast stroke swimmer

Rule VII

Tackling

SEC. 7. No player shall tackle an opponent unless said opponent *has possession of the ball* or is *within four feet* of the ball. *Exception.—When ball is within the 4-foot section tackling may be allowed anywhere within this section.* At other times a player in covering an opponent may block him, but shall *not* lay hands on him.

RULE VIII. FOULS

SECTION 1. Fouls are divided into three groups: personal, technical, and disqualifying.

Penalty for Personal Fouls

SEC. 2. The penalty for a personal foul shall be two free throws at an *unguarded* goal from the 15-*foot* mark; each throw if successful will count *one point*. Personal fouls are enumerated as follows:

a. Tackling player who is not within 4 feet of ball.

b. Delaying the game after receiving notification to play by the referee.

c. Kicking intentionally or striking an opponent.

d. Holding under water for more than *ten seconds* any player who is within 4 feet of the ball. *Exception:*—A player who has *possession of the ball* may be held under 10 seconds or as *long thereafter as he retains possession of the ball.*

e. Unnecessary rough work.

f. Tackling player after goal has been scored or after game has been stopped for any reason by referee.

g. Use of abusive language to players or officials.

h. Player other than captain questioning any decision of officials.

Penalty for Technical Fouls

SEC. 3. The penalty for a technical foul shall be a free throw at an *unguarded* goal from the 15-*foot mark*, which if successful will count *one* point. Technical fouls are as follows:

Rule VIII

a. Crossing 4-foot line ahead of ball. (If player corrects this mistake at once, provided the mistake has in no way affected the play, no foul shall be called.)

b. Holding on side or end of pool while engaged in scrimmage or while in *possession* of the ball.

c. Tackling a player by the costume.

d. Substitutes failing to report to referee.

e. Swimming more than *eight feet* under water with the ball.

f. Three false starts on line up.

g. Four players *inside* their own 4-foot line when ball is *not* in goal section. *Exception*:—If the *defending* side fouls after the ball is *within* 4-foot line and a goal is *scored* the foul shall *not* count. If, however, the goal is *not* scored, the foul *shall* count and a free throw given to the *offended* side.

h. Failure to enter water according to Rule 7, Sec 3.

i. Holding ball under water unless *tackled* by *opponent*.

j. Violation of Rule 7, Sec. 6, regarding artificial support.

k. Going under water with the ball before being tackled.

Suspended Player

SEC. 4. A player may be suspended for the period or *disqualified* for the game by the referee for *unnecessary roughness* or for *unbecoming conduct* and his team *charged* with a *personal* foul. A *substitute shall be allowed for a suspended player,* but the suspended player may return to the game at the beginning of the subsequent period. When a player is disqualified a substitute *may* take his place immediately.

SEC. 5. Any player having oil, grease, or other objectionable substance on his *body* or *suit* shall be *disqualified*.

Foul by Attacking Side While Scoring Goal

SEC. 6. If the attacking side fouls and before the foul is called a goal is scored by them, the loss of the goal shall be the only penalty, and the ball shall be put in play in the center of the pool as at the beginning of the game.

RULE XI. SCORING

SECTION 1. Goal values—
A touch goal will equal 5 points.
A thrown goal will equal 3 points.
A goal thrown by free throw after foul will equal 1 point.

Winner

SEC. 2. *The team scoring the largest number of points shall be declared the winner.*

Scoreboard

SEC. 3. *It is recommended that the home team provide a scoreboard of such dimensions and so placed as to enable players and spectators to follow the game more easily.*

Water Basket Ball Rules

As Adopted by the Western Conference Colleges

RULE I. PLAYING AREA

Pool

SECTION 1. Water basket ball may be played in any pool free from obstruction, not exceeding 2,500 square feet in area.

SEC. 2. (a) A line shall be drawn across the bottom of the pool or on the sides of the pool at an equal distance from each end.

Marks, Lines, etc.

(b) Marks or lines shall be drawn across the bottom and up the sides 15 feet from the ends, called "15-foot lines."

RULE II. THE BALL

The regulation ball shall be a leather covered Water Polo Ball, not less than 7 nor more than 8 inches in diameter, and shall be fully inflated.

RULE III. BASKETS

SECTION 1. The baskets shall be hammock nets of cord, suspended from metal rings 18 inches in diameter. The rings shall be 5½ feet above the water in the center of the

ends of the pool. The inside rim shall extend 6 inches from a rigid supporting surface.

Background

SEC. 2. The background shall measure at least 6 feet horizontally and 4 feet vertically, and shall extend not less than 3 feet above the top of the basket. *It shall be solid and rigid and of a uniform color.*

RULE IV. TEAMS

SECTION 1. Teams for match games shall consist of six players.

SEC. 2. There shall be three forwards and three backs.

Substitutes

SEC. 3. A substitute may take the place of another player when ball is not in play, or when the team having the ball wishes to put in another player.

SEC. 4. The substitute must report to referee before entering the game.

RULE V. OFFICIALS

SECTION 1. The officials shall consist of a referee, an umpire, a timer, and a scorer.

SEC. 2. The referee shall have entire charge of the game, deciding fouls, goals, and free throws. His decision shall be final.

SEC. 3. *The umpire shall have power to call any foul.*

SEC. 4. *The referee shall blow a whistle whenever necessary to call time or a foul. He shall call time out when a suit is torn off or other serious accident occurs or when the captain of the team in possession of the ball requests it. The ball shall then be put in play where it was when time was called out. Play must be resumed within two minutes.*

SEC. 5. In case of a foul the referee shall indicate the offender and announce the nature of the foul so that the scorer, offender and spectators can hear him.

RULE VI. CAPTAINS

The captains shall be playing members of the teams and shall toss for choice of goal at start of play. The goals shall be changed at half-time. A captain may call for time out only when his team is in possession of the ball, to introduce a new player, or to repair a suit. Any player questioning the decision of the referee, except the captain, may have a foul called on him at the discretion of the referee.

RULE VII. PLAYERS

Tackling

SECTION 1. No player shall tackle another unless said player is in possession (actual possession) of the ball, and then only one of the opposing players shall be allowed to tackle him. Dribbling is considered "in possession of the ball."

Blocking, Holding

SEC. 2. A player, in covering an opponent, may block him, but he shall not be allowed to lay his hands on him or hold him with his legs.

Resting

SEC. 3. No player shall be allowed to hold on to the sides of the tank except for the purpose of resting, and he shall take no part in the game while so doing.

RULE VIII. LENGTH OF GAME

SECTION 1. The game shall consist of sixteen minutes of actual playing time, divided into halves of 8 minutes each, with a 5-minute rest between halves.

SEC. 2. Time occupied by free tries, disputes, repairing suits, replacing men, and lining up for a new start, shall not be counted as time of play.

Tie

SEC. 3. In the case of a tie at the end of the second period, the teams shall rest five minutes and then play an-

Rule VIII

other period of three minutes, the captains tossing for choice of goal as at the beginning of the game. The team being ahead at the end of the extra period shall be declared the winner. In case neither team scores in the first extra period of play, or the score is still tied, then the teams shall change ends and play another period of three minutes. The team being ahead at the end of the second extra period shall be declared the winner. If the score is a tie at the end of the second extra period the game shall be declared a tie game.

RULE IX. START OF GAME

SECTION 1. The start shall be made by each team lining up at its respective end. The referee shall then blow the whistle and throw the ball into the center of the tank. The forwards only shall be allowed to go after the ball, starting as the referee blows his whistle. The backs must get into the water at the sound of the whistle.

False Start

SEC. 2. In case of a false start the teams shall line up as before. Three false starts shall constitute a foul; penalty, free throw.

RULE X. BALL IN PLAY

The ball shall be kept on or as near the surface as possible and shall never be intentionally carried under water. The ball shall never be advanced under water, either while held in the hand or between the legs, except when a player is pushed under he may swim out if pushed under by an opponent. No basket shall be allowed when made by an under-water pass.

RULE XI. BALL OUT OF BOUNDS

When the ball goes out of the pool it shall be returned to the place from which it was thrown or batted and given to the opposing team. The player receiving the ball from out of bounds shall not be permitted to try for goal, but must pass the ball to one of his team-mates. He shall have

Rule XI

5 seconds in which to throw the ball. If he fails to throw in 5 seconds, the ball shall go to the opposing side.

RULE XII. LINING UP

After each field goal and successful free throw, and after the free throws following a double foul, whether successful or not, the teams shall line up at their respective ends.

RULE XIII. FREE THROW

SECTION 1. A free throw shall be thrown from the 15-foot line. An honest attempt must be made to throw the ball into the basket. The forwards of the team given possession of the ball on a foul may line up as they choose and one of their number try for goal. The backs of the opposing team may cover all of the opposing players except player making free throw, who shall not be interfered with in any way.

SEC. 2. If basket is made, both teams shall line up at their respective ends.

SEC. 3. If basket is not made, the ball is again in play, and backs and forwards may go after it.

SEC. 4. *After a double foul the ball shall not be in play until both free throws have been made and shall then be put in play as at the beginning of the game.*

RULE XIV. SCORING

SECTION 1. Two points may be scored by making a field basket. One point may be scored by a free throw.

SEC. 2. If, when trying to score a free throw, the ball goes out of the pool, it shall be taken to one of the opposing backs and he shall be allowed to pass it to one of his forwards. The referee shall count five, and if the ball is not thrown in that time it shall go to the opposing side on the 15-foot line.

RULE XV. FOULS

SECTION 1. A foul is the breaking of any rule.

SEC. 2. *In case of any foul a free throw shall be awarded to the team opposed to the offender. Four per-*

sonal fouls shall be sufficient cause for the removal of the player from the game.

SEC. 3. *TECHNICAL FOULS: Tackling an opponent by his costume; holding on to the sides of the pool when in possession of the ball; interfering with a player who is trying for a free throw (no splashing shall be allowed during free throws), and holding an opponent under water after he has let go of the ball.*

SEC. 4. *PERSONAL FOULS: Kicking or striking; tackling a player not in actual possession of the ball, or any unnecessary rough playing.*

SEC. 5. No player shall be permitted to interfere with the ball while it is passing through the goal ring or net. The referee shall have power to award a goal if such an offense is attempted.

Note.—In case the ball lodges between the rings and the background, the ball shall be thrown up between two players of opposing sides, as near as possible to the point where the ball lodged.

SEC. 6. *Any player having oil, grease or other objectionable substance on his body or suit shall be disqualified.*

RULE XVI. TO STOP PLAY

When for any reason the referee wishes to call time or stop play during the game, a pistol shall be fired. This signal shall immediately render the ball dead and the ball, when stopped, shall not be put in play again except by the referee.

RULE XVII. END OF PLAY

SECTION 1. If, at the end of first or second half, the ball should be thrown and is in the air when the timer's pistol is fired, the goal being made shall count in the score.

SEC. 2. If a foul has been called just as timer's pistol is fired, the free throw shall be allowed.

RULE XVIII. SWIM UNDER WATER

Players shall be permitted to push off from end or side of pool and swim under water when not carrying the ball, thus affording ample opportunity for trick plays.

PERRY M. McGILLIVRAY OF CHICAGO
American swimming champion, holding the record for the 225 yard distance

International or Soccer Water Polo

Field of Play

1. The distance between the goals shall not exceed 30 yards or be less than 19 yards; the width shall not be more than 20 yards and shall be of even width throughout the field of play. The two yard and four yard penalty lines and the half distance shall be clearly marked on both sides of the field of play.

Depth

2. The water shall not be shallower than 3 feet.

Goals

3. Goal posts shall be fixed at each end of the field of play. These must be at least one foot from the end of the bath or from any obstruction. The width between the posts to be 10 feet and the cross bar to be 3 feet above the surface when the water is 5 feet or over in depth; when the water is less than 5 feet, the cross bar to be 8 feet from the bottom. Nets must be attached to the goal posts in such a way as to enclose the whole goal area and hang below the surface of the water. The back of the net must be at least 1 foot behind the goal line and hung from the height of the cross bar.

The Ball

4. The ball shall be leather covered and must be round and fully inflated, and shall measure not less than 27 inches and not more than 28 inches in circumference. It shall be waterproof with no strapped seams outside and no grease or other objectionable substance on the surface.

Officials

5. The officials shall consist of a referee, a timer and two goal scorers.

Referee

6. The duties of the referee shall be (a) to start the

game; (b) to stop all unfair play; (c) to decide all cases of dispute; (d) to declare fouls and generally see that these rules are carried out; (e) to decide upon all goals, corner throws, whether signified by the goal scorer or not; (f) goals, fouls and other stoppages of the game shall be signified by whistle. The referee's decision on questions of fact is final and in all cases must be carried out during the game.

Goal Scorers

Note.—A referee may alter his decision providing such alteration be notified before the ball is again in play. A referee has power to stop play at any period of the game, if in his opinion, the behavior of the players or spectators or other exceptional circumstances prevent the match from coming to a proper conclusion.

7. The goal scorers, having tossed for choice of ends, shall stand at the side and in a line with the front of each goal, and when they consider that the entire ball has passed through the goal posts, or over the goal line, at their respective ends only, they shall signify same to the referee, a red flag denoting a corner; a white flag denoting a goal throw; and both flags to denote a goal. The goal scorers shall not change ends and shall keep the score of goals of each team at their respective ends.

Timekeeper

8. The timekeeper shall be provided with a stop watch and whistle. He shall notify half time and time by whistle and the signal shall take immediate effect.

9. The duration of a match shall be 14 minutes, 7 minutes each way; 3 minutes shall be allowed at half time for change of ends. When the ball crosses the goal line whether it be a goal, corner throw, or goal throw, it shall be dead until the restart of the game, or until it leaves the hand of the player taking the throw, and all such time shall be deducted. Time occupied by disputes or fouls, or when the ball is thrown from the field of play, or lodges on an obstruction, as per Rule 20, shall not be reckoned as in the time of play.

Teams

10. Each side shall consist of 7 players, who shall wear suits, with good supporters underneath the suits. In baths, no oil or grease or other objectionable substance shall be rubbed on the body.

Captains

11. The captains shall be playing members of the teams they represent; they shall agree on all preliminaries, and shall toss for choice of ends; the loser of the toss shall have choice of colors. If they are unable to agree on any point, the referee shall decide it for them.

Starting

12. The players shall enter the water simultaneously and place themselves in a line with their respective goals. The referee shall stand in a line with the center of the course and, having ascertained the captains are ready, shall give the word "GO" and immediately throw or release the ball into the water at the center of the field of play. From the start or restart a goal cannot be scored until the ball has been handled, viz.: played with the hand below the wrist, either by two members of one team, in which case the scorer shall be within half distance of the goal attacked, or by a player of each team. An attempt on the part of the goal keeper to stop the ball when it has been handled by the players of one team only, and shot from over half distance shall not constitute handling, and should the ball cross the goal line, a goal throw shall be awarded.

Scoring

13. A goal shall be scored by the entire ball passing beyond the goal posts, and under the cross-bar. If, on the notification of half-time or time, the ball be not fully through the goal posts, no goal shall be allowed.

A goal may be scored by the head or feet, providing the ball has been previously handled by two players, as provided for in Rules 13 and 17.

Ordinary Fouls

14. It shall be a foul:

a) to touch the ball with both hands at the same time;

b) to hold the goal posts, rail, or side, during any part of the game;

c) to walk about the bath;

d) to stand on or touch the bottom during any part of the game, unless for the purpose of resting;

e) to interfere with an opponent or impede him in any way, unless he is holding the ball;

f) to hold the ball under water when tackled;

g) to jump from the bottom or push from the side—except at starting or restarting—in order to play the ball or duck an opponent;

h) to hold, pull back, or push off from an opponent;

i) to turn on the back and kick at an opponent;

j) to assist a player at the start or restart of the game, or for any player to push off from any part of the goal posts;

k) for the goalkeeper to go more than 4 yards from his own goal line, or to take a goal throw improperly (Rule 20);

l) to throw the ball at the goalkeeper or to an attacking player within two yards of goal, from a free throw (Rule 20);

m) to refuse to play the ball at the command of the referee after a foul or after the ball has been thrown from the field of play;

n) to touch the ball before it has reached the water, when thrown in by the Referee. (See Rules 17 and 21.)

Note.—Clause E.—Dribbling or striking the ball is not "holding," but lifting, carrying, pressing under water, or placing the hand under or over the ball when actually touching, is holding. Dribbling the ball up and through the posts is permissible.

Wilful Fouls

15. If, in the opinion of the referee, a player commits an ordinary foul—Rule 15—wilfully, or one of the following specified offenses, the referee shall at once order him out of the water until a goal has been scored.

It shall be considered a wilful foul:

a) to start before the word "GO";
b) to deliberately waste time;
c) for a player to take up a position within two yards of his opponent's goal line;
d) to deliberately change position after the referee has blown the whistle to stop the game and until the ball is again in play;
e) to deliberately splash in the face of an opponent;
f) to strike at the ball with clenched fist.

Any player ordered out of the water for misconduct or for a wilful foul, shall not re-enter until a goal has been scored, notwithstanding that half time may intervene, or extra time be played, and then only with the consent of the referee.

Note.—In the event of a referee ordering a player out of the water and such player refusing, the game shall be stopped and the match awarded to the other side.

Free Throws

16. The penalty for each foul shall be a free throw to the opposing side from the place where the foul occurred. The referee shall declare a foul by blowing a whistle and exhibiting the color of the side to which the free throw is awarded. The player nearest to where the foul occurred shall take the throw. The other players shall remain in their respective positions from the blowing of the whistle until the ball has left the hand of the player taking the throw. A free throw, shall be such as, in the opinion of the referee, allows all players to see when the ball leaves the hand of the thrower. In the event of illness or accident or of one or more players from each team committing a foul so nearly at the same moment as to make it impossible for the referee to distinguish who offended first, he shall have the ball out of the water and throw it in as nearly as possible at the place where the foul occurred, in such a manner that one member of each team may have equal chance of playing the ball. In such cases the ball must be allowed to touch the water before it is handled. In all cases where a free throw is allowed under this Rule and Rules 14, 15, 18, 19 and 20, the ball must be handled, i. e., played with the hand below the wrist, by more than one player before a goal can be scored.

Penalty Throw

17. A player wilfully fouled when within four yards of his opponent's goal line, shall be awarded a penalty throw, and the player who commits the offense must be ordered out of the water until a goal has been scored. The player to whom a penalty throw is awarded shall proceed to any point on the four yard line and await the signal of the referee by whistle.

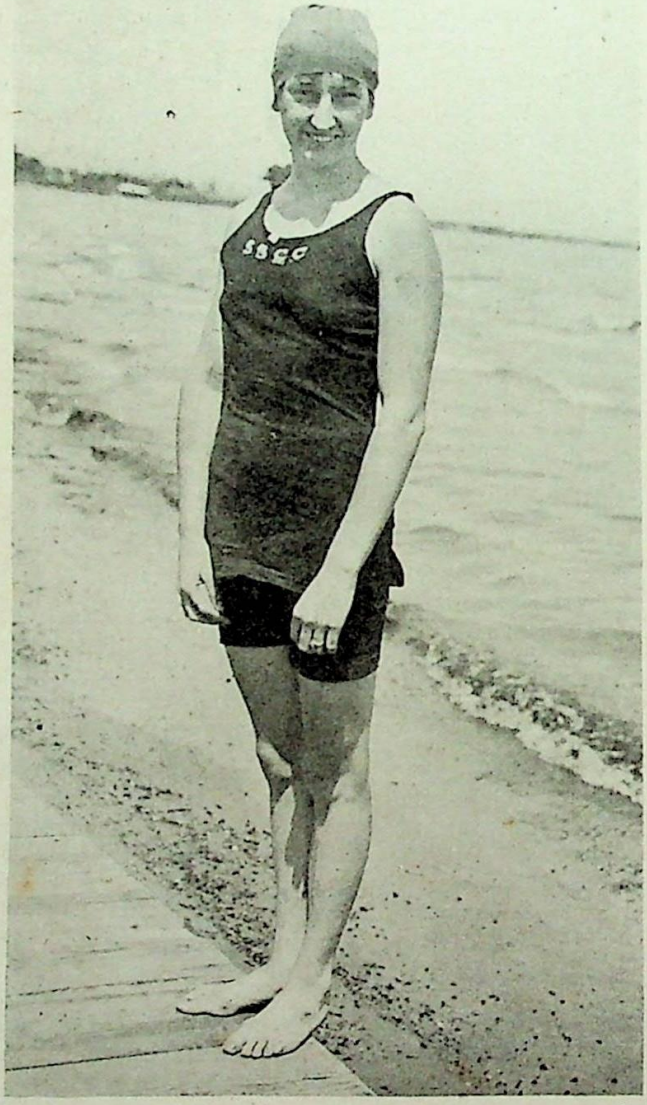
In the case of a penalty throw, it shall not be necessary for the ball to be handled by any other player before a goal can be scored, but any player within the four yard line may intercept a penalty throw.

Goalkeeper

18. The goalkeeper may stand to defend his goal, but he must not throw the ball beyond half distance: the penalty for so doing shall be a free throw to the opposing side from half distance at either side of the field of play. The goalkeeper must be within 4 yards of his own goal line or concede a free throw from the 4 yard line to his nearest opponent. The goalkeeper is exempt from Clauses a, c, d and g, in Rule 14, and Clause f in Rule 15, but he may be treated as any other player when in possession of the ball. Except when injury or illness compels him to leave the water—when Rule 21 shall apply—the goalkeeper can only be changed at half time. In the event of a goalkeeper being ordered out of the water, his side cannot appoint another goalkeeper except at half time, as defined above, and any player defending the goal in his place shall come under the special limitations and exceptions attached to a goalkeeper.

Goal and Corner Throws

19. A player throwing the ball over his own goal line shall concede a free corner throw to his opponents, and such free corner throw shall be taken from the two yard line at the side of the bath, by the player on the opposing side nearest the point where the ball leaves the field of play. If the attacking side throw the ball over it shall be a free goal throw to their opponent's goalkeeper, who must pass



MISS CLAIRE A. GALLIGAN
One of America's foremost women swimmers

the ball to another player or beyond the two yard line. The whistle must be blown immediately the ball crosses the goal line, and from that time until the ball leaves the hand of the player taking the free throw, all players must remain in their respective positions.

Note.—If a goalkeeper puts the ball in play by a free throw, and before any other player has handled, regains possession, and allows it to pass fully through his goal, a corner throw shall be awarded to the opposing side.

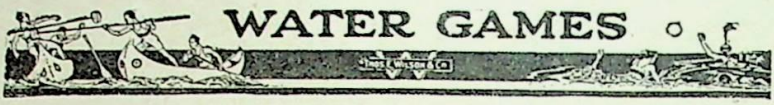
Out of Play

20. Should a player send the ball out of the field o. play at either side, it shall be thrown in any direction from where it went out by one of the opposing side and shall be considered a free throw. The player nearest the point where the ball leaves the field of play must take the throw.

Should the ball strike or lodge in an overhead obstruction, it shall be considered out of play, and the referee shall then stop the game and throw the ball into the water under the said obstruction. The ball must be allowed to touch the water before it is handled, and must be handled by more than one player before a goal can be scored.

Leaving the Water

21. A player leaving the water, or sitting or standing on the steps or sitting on the side of the bath in which the match is being played, during the progress of the game, except in case of illness or accident or by permission of the referee, shall not re-enter the water until a goal has been scored, or until half-time. Any player having left the water must have the permission of the referee before re-entering, and he may only re-enter at his own goal-line.



World's Swimming Records

For Men

50 yards—Alex Wickham, 50 yard bath, 23 2/5.
50 yards—Duke Kahanamoku, straightway course, 23s.
100 yards—Duke Kahanamoku, straightaway course, 53s; 75 foot pool, 54 4/5.
220 yards—Perry McGillivray, 100 yard course, 2:24 2/5.
220 yards—Norman Ross, 100 foot pool, 2:21 3/5.
440 yards—B. B. Kieran, 50 yard bath, 5:19.
440 yards—Ludy Langer, 100 yard course, 5:17.
400 yards—Norman Ross, 75 foot pool, 5:16 2/5.
500 yards—J. H. Hatfield, 75 foot pool, 6:02 4/5.
500 yards—B. B. Kieran, 100 foot bath, 6:10 3/5.
880 yards—Norman Ross, 100 yard course, 11:27 3/5.
880 yards—B. B. Kieran, 50 yard bath, 11:11 3/5.
1000 yards—B. B. Kieran, 50 yard bath, 12:52 2/5.
1000 yards—Ludy Langer, 100 yard course, 13:07 3/5.
One mile—B. B. Kieran, 100 foot bath, 23:16 4/5.
One mile—George R. Hodgson, 100 metre course, 23:34 5/10.
150 yards—Herbert Vollmer, 75 foot pool, 1:29 4/5.

Breast Stroke

200 yards—Mike McDermott, 75 foot pool, 2:39 4/5.

Back Stroke

100 yards—Harold Kruger, straightway course, 1:08 1/5.
100 yards—H. J. Hebner and Russell Dean, 75 ft. pool, 1:08 2/5.
150 yards—Chas. Pavlicek, 1:53 1/5, 75 foot bath, (McGillivray did 1:48 4/5 and 1:49 3/5 in heat and final of 1918 championship 75 foot pool, but these records won't be considered by A. A. U. until fall meeting.)
440 yards—F. A. Unwin, 110 yard course, 6:47 1/5.

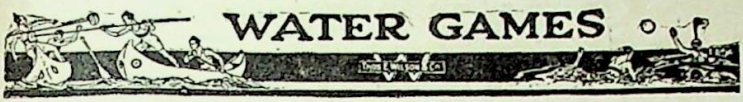
Plunge

60s limit—W. Taylor, 82 ft. 7 in.

Women

50 yards—Fannie Durack, straightaway, bath, 29s.
50 yards—Dorothy Burns, straightaway course, 29 4/5s.
100 yards—Fanny Durack, 50 yard bath, 1:06.
100 yards—Dorothy Burns, straightaway course, 1:07 4-5.
230 yards—Fannie Durack, 50 yard course, 2:53.
440 yards—Fannie Durack, 110 yard course, 6:03 3/5.
500 yards—Fannie Durack, 100 yard course, 7:08 1/5.
880 yards—Fannie Durack, 110 yard course, 12:44.
One mile—Fannie Durack, 110 yard course, 26:08.

The word "course" where found, indicates that the performance was made in open water.



National Interscholastic Swimming Records

40 yards—:19 3/5 (20 yard pool), Abe Siegel, Hyde Park H. S., Chicago, Illinois, A. C. pool. Chicago, April 29, 1916.

50 yards—:25 2/5 (25 yard pool), T. H. Cann, Hamilton Institute, New York, Carnegie pool, New Haven, Conn. Feb. 5, 1916.

100 yards—:56 4/5 (25 yard pool), L. A. Handy, Brookline, Mass., H. S., Brokan pool, Princeton, N. J., Feb. 12, 1916.

220 yards—2:29 3/5 (25 yard pool), L. A. Handy, Brookline, Mass., H. S., Brokau pool, Princeton, N. J., Feb. 12, 1916.

500 yards—6:49 (100 foot pool), T. S. Luke, Lawrenceville School, Penn pool, Philadelphia, Mar. 13, 1915.

Plunge—78 feet (1 minute time limit), Roger Bird, Brookline, Mass., H. S., Brookline pool, Jan. 25, 1916.

Plunge—60 feet, :21 1/5, George Schaefer, New Trier High School, Northwestern pool, Evanston, Ill.

200 yard Relay—1:45 4/5, Phillips, Andover Academy team, Phillips Andover pool, Andover, Mass., Mar. 14, 1914.

160 yard Relay—1:25 2/5, Oak Park High School, Chicago, Ill., 1915.

100 yard Back Stroke—1:15 2/5. Mott, Oak Park H. S., 1914.

100 yard Breast Stroke—1:14 4/5, H. Vacin, University H. S., Chicago, 1914.

American Intercollegiate Swimming Records

40 yards—:19 4/5 (20 yard pool), W. C. Earle, University of Chicago, Patten pool, Evanston, Ill., March 22, 1918.

50 yards—:25 1/5 (25 yard pool), S. E. Hoadley, Yale University, Carnegie pool, New Haven, Conn., Dec. 11, 1914.

100 yards—:56 2/5 (25 yard pool), H. E. Vollmer, Columbia University, Columbia pool, New York City, Feb. 18, 1916.

220 yards—2:31 (100 foot pool), Eben J. D. Cross, Princeton University, Brokaw pool, Princeton, N. J., Feb. 20, 1914.

440 yards—5:41 4/5 (20 yard pool), Richard Simonton, Northwestern University, Patten pool, Evanston, Ill., Mar. 22, 1918.

Breast Stroke, 200 yards—2:45 (20 yard pool), R. Biersach, University of Wisconsin, Patten pool, Evanston, Mar. 22, 1918.

Back Stroke, 150 yards—1:50 2/5 (20 yard pool), C. B. Pavlicek, University of Chicago, Bartlett pool, Chicago, Feb. 22, 1916.

Plunge (one minute time limit)—78 feet, C. G. Lehman, University of Pennsylvania, Weightman Hall pool, Philadelphia, Pa., Feb. 7, 1916.

Plunge, (60 feet)—:18 4/5, J. C. Redmon, University of Chicago, Patten pool, Evanston, Ill., Feb. 26, 1916.

160 yard Relay—1:20 (20 yard pool), University of Chicago team (Earle, Meine, O'Connor, Pavlicek), Naval Academy pool, Annapolis, Md., Feb. 21, 1916.

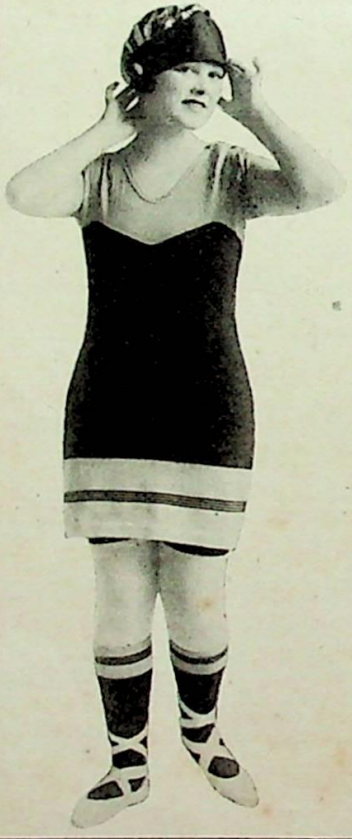
200 yard Relay—1:42 1/5 (25 yard pool), Yale University team (Ferguson, Thomas, Mayer, Schlaet), Carnegie pool, New Haven, Conn., Mar. 21, 1917.

800 foot Relay—2:30 (100 foot pool), Yale University team (Mayer, Summers, Marr, Roberts), Brokaw pool, Princeton, N. J., Feb. 27, 1914.

Wilson California Style Bathing Suits

WILSON California Style Knitted Bathing Suits,—chic, practical, serviceable—have already taken the Pacific Coast by storm.

They are the last word in bathing apparel for women. Designed with lines and trimmings as modish as one could desire. The stays and trimmings are all knitted—no cloth is used. Every suit is provided with a pocket. Even the buttons on each suit harmonize with the special color scheme.



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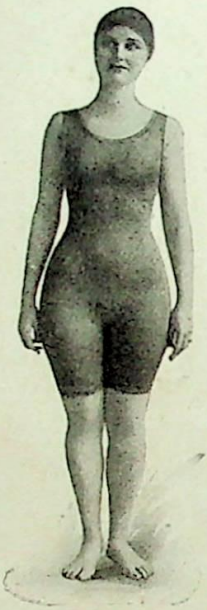
Wilson Tank Suits for Women



Without Skirt

With Wide Strap Over Shoulders, Covering the Armpits

No. B217. Medium weight worsted, one piece suit, without skirt.

No. B227. Light weight worsted, one piece suit, without skirt.

No. B256. Gray silkaline material only, one piece suit, without skirt. Regulation tank suit for women.

No. B252. Gray cotton only, one piece suit, without skirt.

With Skirt

With Wide Strap Over Shoulders, Covering the Armpits

No. B219. Medium weight worsted, one piece suit, with skirt.

No. B229. Light weight worsted, one piece suit, with skirt.

No. B257. Gray silkaline material only, one piece suit, with skirt, a popular tank suit.

No. B253. Gray cotton only, one piece suit, with skirt.

Diving Cap for Women

No. B508. Extra Heavy Pure Gum Rubber Diving Cap for women.

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Wilson Tank Suits for Men

No. B179. Men's one piece worsted suit. Heavy weight, short trunks, in colors, black, gray, navy and crimson.

No. B189. Men's one piece worsted suit. Medium weight, short trunks, in colors, black, gray, navy and crimson.

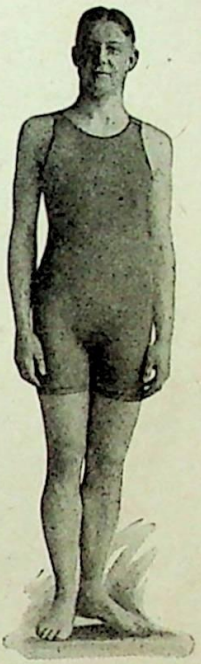
No. B264C. Men's one piece silkaline (mercerized cotton) sleeveless tank suit. Short trunks. In solid colors, black, navy and crimson. Fast colors not guaranteed.

No. B264. Men's one piece gray silkaline (mercerized cotton) sleeveless tank suit, short trunks. In stock.

No. B260C. Men's one piece cotton sleeveless tank suit. Short trunks. In solid colors, black, navy and crimson. Fast colors not guaranteed.

No. B260. Men's one piece gray cotton sleeveless tank suit. Short trunks.

Wilson Tank Suits **No. B264** (gray silkaline) and **No. B260** (gray cotton) are carried in stock. Owing to the dye situation we recommend these suits for tank use. Other numbers to order only.



Wilson "Support Shirt" Tank Suit

Wilson "Support Shirt" Tank Suit

No. B164. "Support Shirt" tank suit. Heavy weight pure worsted, in colors. Black, gray, navy and crimson.

No. B174. "Support Shirt" tank suit. Medium weight pure worsted, in colors. Black, gray, navy and crimson.

Wilson "Water Sport" Suits

Wilson "Water Sport" Suits consist of pure worsted shirts, pants and white belt. The shirts are made in the new support shirt style, as shown in cut, in navy blue, black, white, gray, maroon and cardinal. Pants are in navy blue in knitted and flannel materials. Mention color of shirt wanted.

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Let us send you complete description, prices, etc., if your dealer cannot supply you.

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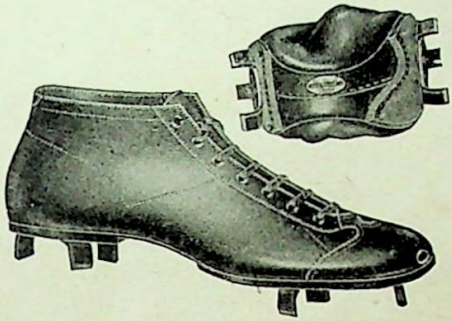
WILSON ATHLETIC SHOES



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WILSON equipment is favored for every sport, Baseball, Football, Basketball, Tennis, Golf, Soccer,—no matter what your favorite game may be, we can equip you completely and with goods that will enable you to play your best.

In practically every league and organization of note, and in every camp and cantonment at home and in France, Wilson goods have received official recognition and are universally used.

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The Wilson Guaranty

Every user of Wilson Sporting and Athletic Goods should know that back of his dealers individual guaranty is the reputation and good faith of the entire Wilson organization. Not only THOS. E. WILSON & CO., but the parent institution of WILSON & CO., says through each dealer to each user of Wilson Goods.

"This must make good or we will."

We link our good name in business with the dealer—a double guaranty which should convince you that we make the goods as good as our guaranty promises them to be.

Everything to Help
Your Game